

CORONATION COOKERY BOOK

1000 RECIPES
Given by the
Mayoresses of
Great Britain
in the CORONATION YEAR

Compiled by
MRS. C. HOPKINS

Proceeds for Cancer Work

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CORONATION COOKERY BOOK



Tried Recipes given by the
Mayoresses of Great Britain
for Coronation Year



Compiled by

Mrs. C. HOPKINS



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INTRODUCTION.



THE first edition of the Coronation Cookery Book was compiled 15 months ago. The whole edition was sold in a month, and the proceeds, £36, were given towards St. Mark's Church, Nottingham.

Since then so many applications have been received, that I have ventured to compile a second edition, when the proceeds again will be given to St. Mark's Church.

The Recipes have been given by the Mayoresses of Great Britain for the Coronation year, 1911, and it is the only Cookery Book published with recipes from that source, but the hints, which I have added to increase the usefulness of the book, have been given by friends.

The idea of the book and the work of compiling it is entirely my own, but the proceeds will always be given towards Church work, should further editions be called for.

I express my sincere gratitude to the Mayoresses and friends who have taken such great trouble to send me such excellent recipes and hints, and I hope the book will be found useful in many homes.

ELEANOR HOPKINS.

22, *Shakespeare Villas,*

Nottingham,

February, 1913.

Corn Flour for variety at meals.

YOU can have a constant change of good food if you make good use of your packet of Brown and Polson's "Patent" Corn Flour.

Savoury dishes such as cauliflower au gratin, digestible sausage roll, and cheese straws, and *Sweet dishes*, such as custard pudding, chocolate jelly and prune jelly, are examples.

The pink slip in every packet of

Brown & Polson's "Patent" Corn Flour

tells you how to get a full recipe book.



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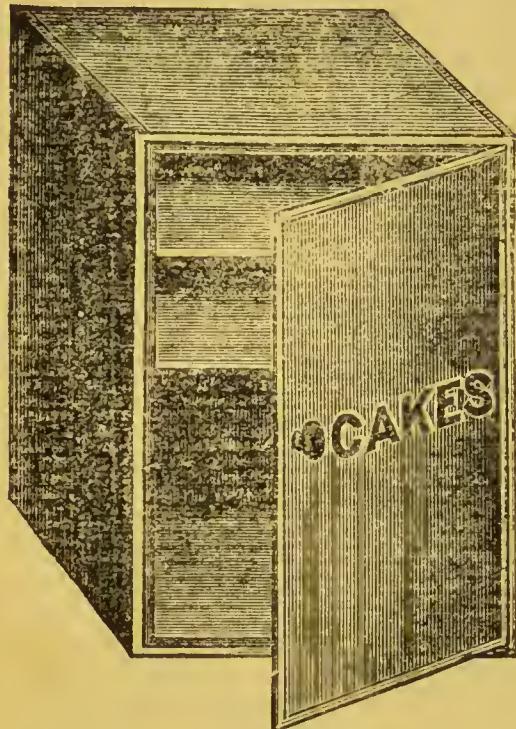
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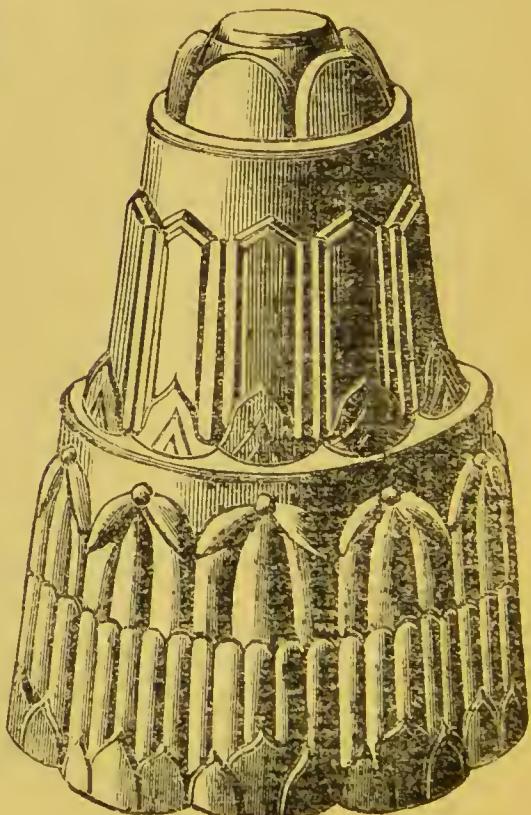
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RECIPES.



ALL TIME RECIPES.

A RECIPE FOR A DAY.

Take a dish of water cold
 And a little leaven of prayer,
 A little bit of sunshine gold
 Dissolved in the morning air.
 Add to your weal some merriment
 And a thought for kith and kin ;
 And then, as a prime ingredient,
 Plenty of work thrown in.
 But spice it all with the essence of love
 And a little whiff of play ;
 Let a wise old Book and a glance above,
 Complete the well-spent day.

—The Mayoress of Pwllheli.

HOW TO BECOME GOOD LOOKING.

2ozs. of patience, a cupful of kindness, 4ozs. of good-will, a pinch of hope, and a bunch of faith. To these add both handfuls of industry, a packet of prudence, a few sprays of sympathy, and a handful of the little plant called humility must also be added, a jar brimful of good humour. Season the mixture with good strong common sense, and simmer down gently the pan of daily content.—Mrs. W. H. Wolstenholme, Mayoress of Middleton.

DAILY RECIPE.

Two equal quantities of generosity and thought for others, add a few dozen pleasant smiles, followed by the same number of kind words, sprinkled freely with fun and merriment. Flavour with wit and mix thoroughly with love. Warm with bright looks and serve immediately. Specially desired at Christmas, but seasonable at any time.—Lady Duckworth, Mayoress of Rochdale.

BABY NOTES.

Two things are essential for a baby—Cleanliness and Warmth, Regularity in Feeding.

CLEANLINESS AND WARMTH.

A baby should be bathed morning and evening, in water temperature 98 degrees Fahrenheit. The bath should be prepared in front of a fire, with a screen round to exclude all draughts. All cloths, etc., should be in readiness :—Soap and sponge for the bath, towel to warm at the fire, powder in a perforated tin, to sprinkle in all the folds of the skin to prevent chafing. Baby's clean clothes, woollen vests (hand knitted), etc., should be placed on a chair in the order in which they are to be put on. Antiseptic cotton wool (or clean rag, which should afterwards be burnt) ready to wrap round the finger, to wash out baby's mouth. A baby's mouth should be washed out every time it is fed, in the same way that a little child should be taught to clean its teeth. Cotton wool should also be rolled into spills, firm yet flexible, to clean baby's nose, which should be done morning and evening, and after the daily airing. The cotton wool, before using, should be dipped in cool water that has been boiled 15 minutes. It is essential to baby's health that its nostrils be kept clean, so that it may not breathe through its mouth. If a baby breathes through its mouth it invariably has adenoids in later years, which have to be removed by a surgical operation.

FEEDING.

The very best way of feeding baby is naturally. Baby should be weighed every week, and if there is a gain of about 4ozs. weekly, no artificial food should be given. It is very necessary that a mother should take plenty of nourishing food, such as gruel, milk, Quaker oats, cocoa, etc., during the nursing period.

When every effort has been made and baby does not gain in weight it will be then necessary to supplement the mother's milk with some artificial food, of which cow's milk diluted with water is the nearest to the natural food.

No farinaceous foods should be given. Why? Because they contain starch, and starch is practically a poison for baby until a substance in the saliva has formed. It is not safe to give starch food such as :—Flour, oats, arrowroot, sago, rice, etc., under nine months of age.

To prepare cow's milk for baby.—The cow's milk mixed with a suitable proportion of water, for the age of the baby, should be boiled and then sweetened with demerara or milk sugar. After boiling it should be stirred briskly with a spoon to aerate it, then poured into a china jug and covered with a piece of clean butter muslin and put in as cool a place as possible. Care should be taken that the milk is not too hot, to test with a thermometer is the safest plan. The thermometer should be washed immediately and kept in water that has been boiled for 15 minutes. The temperature of the food should be about 95 degrees Fahrenheit. Two bottles (boat shaped) should be used, with an india rubber valve at one end. Immediately after use the bottles should be washed, also the teats turned inside out and washed with boiling water. Bottles and teats when not in use should be kept in a basin of cool boiled water.

Baby should be fed regularly every two hours, increasing the length of time between each meal as baby grows older.

TABLE OF DIRECTIONS FOR FEEDING BABY.

BABY'S AGE.	No. of Meals in 24 hours.	Proportion of Milk & Water.	Amount of each Feed.	Total Daily Quantity of Food.
5th to 7th Day	10 Meals	1 Part Milk 3 Parts Water	1 $\frac{1}{2}$ oz.	15 oz.
2nd Week	8 Meals	1 Part Milk 2 Parts Water	2 oz.	16 oz.
3rd & 4th Week	8 Meals	1 Part Milk 2 Parts Water	2 $\frac{1}{2}$ oz.	20 oz.
2nd Month	8 Meals	2 Parts Milk 3 Parts Water	3 oz.	24 oz.
3rd Month	7 Meals	1 Part Milk 1 Part Water	4 to 4 $\frac{1}{2}$ oz.	28 oz.
4th Month	6 Meals	3 Parts Milk 2 Parts Water	5 to 6 oz.	30 to 36 oz.
5th to 6th Month	6 Meals	2 Parts Milk 1 Part Water	6 oz.	36 oz.

1 oz. = 2 tablespoonfuls.

At nine months a child should have five meals a day, and have three pints of undiluted milk.

If water with the cow's milk cannot be digested, barley water may be given instead of the water.

Recipe for Barley Water.

To 2 teaspoonfuls of pearl barley add 1 pint of boiling water, cover in a china jug, and stand on the top of the oven for 1 hour. Stir well and strain before using.

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BISCUITS.

ALMOND BISCUITS.

1lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. castor sugar, the grated peel of two lemons, a little grated nutmeg, the yolk of one and the whites of two eggs. Mix the consistency a little tougher than shortbread, roll out thin and cut into cakes. Egg them with the remaining yolk, and put on each some finely chopped almonds mixed with sugar. Bake about 10 minutes in a moderate oven till they are a light brown, taking great care lest they burn.—Mrs. W. T. Patrick, Mayoress of Guildford.

BEATEN BISCUITS.

1 $\frac{1}{2}$ lbs. of flour, 2 tablespoonfuls of lard, 2 teaspoonfuls of salt, cold water. Mix flour and salt together, rub in the lard finely, next add enough cold water to make a stiff dough, knead it thoroughly until it is a smooth dough. Turn out on a floured board and beat with a heavy rolling pin, turning it over and over until it begins to blister and looks light and puffy. When ready shape them into biscuits, prick with a fork, and bake in a moderately hot oven for 20 minutes.—Mrs. D. J. Kendall, Mayoress of Warwick.

BISCOTINES.

Flour, 4oz., butter, 3oz., sugar, 1oz., egg, 1 yolk. Rub in the butter. Mix to a stiff dough with the egg. Cut into fancy shapes. Decorate with sugar, 3oz. Cornflour, 1 teaspoonful. Cocoanut, 2oz. Eggs, 2 small whites. Mix all ingredients together. Put mixture in various shapes on to the foundations. Dredge with icing sugar. Cook in a slow oven.—Mrs. E. J. Bishop, Mayoress of Folkestone.

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- ¶ No marking, sorting or counting is done as the work is kept separate and not mixed with any other person's work, and the Mapperley Laundry are not responsible for shorts, or alleged goods exchanged, as that could not possibly happen.
- ¶ The MAPPERLEY LAUNDRY supply the BAGS free, and they will remain their property.
- ¶ The Vanman cannot leave the work until the customer pays the shilling per bag, as no credit can be given under any circumstances.

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COCOANUT BISCUITS.

Carefully peel and then finely grate the nut, add the same weight of fine white sugar, mix with 2ozs. of ground rice, and stir all well together with the yolk and white of one egg. Bake in a moderate oven until the small Rock Cakes (into which they are best divided) are baked a light brown.—Mrs. S. H. Dening, Mayoress of Chard, Somerset.

COCOANUT FINGERS.

Cream together $\frac{1}{4}$ lb. castor sugar and the same quantity of butter, add to the mixture two beaten eggs, $\frac{1}{4}$ oz. baking powder, 6ozs. desiccated cocoanut, and $\frac{1}{4}$ lb. flour. Mix all well together, place in a large square sandwich tin, and bake in a moderate oven. When done ice with chocolate icing and cut into fingers.—Mrs. F. A. Green, Mayoress of Lostwithiel.

COCOANUT FINGERS.

6ozs. flour, 2ozs. cornflour, 3ozs. cocoanut, 4ozs. butter, 4ozs. castor sugar, 2 eggs, and a pinch of baking powder. Mix the flour and cornflour together, rub butter carefully into it, add sugar, cocoanut and baking powder. Beat eggs well and add to make into a stiff paste. Roll out on floured board and cut into fingers. Brush over with egg and sprinkle with cocoanut.—H.

ECLAIRS.

$\frac{1}{4}$ pint of boiling water, pinch of salt, 1 dessertspoonful of sugar, 2ozs. of butter, $\frac{1}{4}$ lb. of flour, 3 eggs. Boil the water, butter and salt, and when quickly boiling stir in the flour and boil till smooth and very thick. Stir all the time. Beat in the yolks of the eggs and the sugar while the mixture is hot, finally mix in the whites whisked to a stiff froth. Put a small plain tin tube into a linen bag, and squeeze it out in small oblong shapes on a greased baking sheet. Bake in a rather hot oven, till well risen and brown, about 20 minutes. Put them out of any draught to get cold. Split them open at one side, fill with whipped cream (a bag and tube will be found the best means of filling the pastry). Ice the tops with chocolate or coffee icing.—Lady Behrens, Lady Mayoress of Manchester.

NELSON'S Opaque Gelatine.

GERMAN BISCUITS.

$\frac{1}{4}$ lb. flour, 2ozs. butter, 2ozs. castor sugar, $\frac{1}{2}$ teaspoonful of baking powder, $\frac{1}{2}$ an egg. Cream the butter, add the dry ingredients and egg, roll the paste quite thin on a board, and cut with a small wine glass or any shape desired, and bake. Whilst hot spread with jam, which should be previously heated and put two together.—Mrs. S. H. Cuff, Mayoress of Woolwich.

GINGER BISCUITS.

1lb. flour, $\frac{1}{2}$ lb. soft brown sugar, 1 egg, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. treacle, $1\frac{1}{2}$ tablespoonfuls of ground ginger, 1 teaspoonful of baking powder. Well mixed together, rolled very thinly, cut with fancy cutter and baked on oven strips.—Mrs. A. T. Loram, Mayoress of Exeter.

OATMEAL BISCUITS.

6ozs. oatmeal, 5ozs. flour, 4ozs. sugar, 3ozs. lard, a little salt, 2 eggs, $\frac{1}{2}$ teaspoonful baking powder. Mix all well together, and bake in an oven not too hot.—Lady Fraser, Mayoress of Nottingham.

OATMEAL BISCUITS.

$\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. sugar, $\frac{1}{2}$ lb. oatmeal (medium), 2ozs. butter and 2ozs. lard rubbed into oatmeal and flour, 2 tablespoonfuls of baking powder. Mix to a paste with a little cold water. Roll out thinly and cut with small cutter.—Mrs. J. V. Main-prize, Mayoress of Bridlington.

NELSON'S Brilliant Gelatine.

QUAKER OATS BISCUITS.

$\frac{1}{2}$ lb. of Oats (Quaker), $\frac{1}{2}$ lb. dough, 4ozs. of butter or lard, 2 or 3ozs. of sugar, 1 teaspoonful baking powder. Mix all well together and then work in the dough (careful in baking in oven—only a few minutes in baking).—Mrs. A. Hudson, Mayoress of Wakefield.

RUSKS.

1lb. flour, 2ozs. butter, 2ozs. lard, 1 egg, 2 teaspoonfuls baking powder. Mix with warm milk into a dough, cut into rounds, bake, then split and dry.—Miss A. C. French, Mayoress of Eye, Suffolk.

RUSKS.

1lb. of flour, 3ozs. of butter, 3ozs. of lard, 2 tablespoonfuls of baking powder, 1 teaspoonful of sugar, $\frac{1}{2}$ teaspoonful of salt, 2 eggs, as much milk as necessary to make into stiff paste. Mix with flour the baking powder, sugar and salt, rub in butter and lard, well beat the eggs and add about teaspoonful of milk, pour this in middle of flour and mix with a fork, roll out once only, till about $\frac{1}{2}$ inch thick, cut round with a cutter and bake in a tin at once. When partly done, split each in half with a fork, and put back in oven until slightly brown and crisp.—Mrs. J. C. Ingram, Mayoress of Southend-on-Sea.

WAFERS.

Mix well together 4ozs. of flour, an equal quantity of loaf sugar, well beaten and sifted, and $\frac{1}{2}$ pint of cream. One teaspoonful of this makes a wafer. Bake on an iron plate.—Countess Brownlow, Mayoress of Grantham.

BREAKFAST AND SUPPER DISHES.

A BREAKFAST DISH.

One egg, one slice of buttered toast, one dessertspoonful of milk, $\frac{1}{2}$ oz. of butter, a pinch of salt. Melt the butter in a small pan, add the milk and salt, stir constantly one way till the egg becomes thick like butter, but not hard. Spread it over the buttered toast. Serve very hot.—Mrs. Alfred Geach, Mayoress of Penryn, Cornwall.

BREAKFAST OR SUPPER DISH.

1lb. cold potatoes (crushed), $\frac{1}{2}$ lb. sausages, egg, bread crumbs, pepper, salt. Beat potatoes and add half of egg, beaten up. Divide into pieces, and into each put piece of sausage. Roll into balls and brush over with egg and bread crumbs, and fry golden brown in boiling fat. It is well to previously cook sausages to ensure being cooked.—Mrs. John T. White, Mayoress of Barnstaple.

CHEESE OMELET.

Mix to a smooth batter three tablespoonfuls of flour, with half-a-pint of milk. Beat up together three eggs, a little salt, and a quarter-of-a-pound of grated cheese. Add these to the flour and milk, beating briskly for several minutes. Put three ounces of butter on a frying pan, and when it is boiling hot, pour in the mixture and cook to a nice brown on both sides, turning carefully. Serve on a hot dish.—Mrs. C. J. Birnie, Wife of the Provost of Inverness.

CHEESE AND ONIONS.

1lb. cheese, 1 pint milk, 1 or 2 eggs, $\frac{3}{4}$ lb. onions, a little water, pepper and salt to taste. Chop the onions fine and boil in a little water until soft, then drain off the water and add the milk. As soon as this boils add the cheese, sliced. Care must be taken not to let the milk boil again after the cheese has been added. Add salt and pepper to taste. Let the pan remain on the fire until the cheese is soft, then add one beaten egg, or two if required rich, and stir quickly for a few seconds, then let it stand on the bar for five minutes. Serve on hot plates.—Mrs. T. Free, Mayoress of Marlborough.

CHEESE STRAWS.

For five or six persons. 2ozs. flour, 2ozs. cheese, 1oz. lard, 1oz. butter, 1 gill water, cayenne and salt. Take 2ozs. of flour, 2 ozs. of cheese, 1oz. of lard, 1oz. of butter, mix into a light paste with a little water, cayenne and salt. Roll out the paste very thinly, cut into straws and bake in a quick oven.—Miss Gertrude Barbara Hayes, Lady Mayoress of Bristol, 1909-1911.

CHEESE PASTE FOR SANDWICHES.

Put 1oz. of butter in a basin, add 2ozs. of grated cheese, and pound together to a paste with the yolk of an egg and a tablespoonful of cream. Season to taste with salt, pepper, and made mustard.—Mrs. J. T. Wightman, Mayoress of Doncaster.

DUCHESS POTATOES.

1oz. of butter, 1lb. of potatoes, yolk of an egg, pepper and salt, 1 teaspoonful chopped parsley. Boil and mash potatoes, add the butter, yolk of the egg, seasoning and parsley. Roll out, cut into squares, brush over with the beaten egg, and brown in the oven.—Mrs. J. C. Ingram, Mayoress of Southend-on-Sea.

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EGGS IN MAYONNAISE.

Boil six eggs hard, shell, cut into two, take out yolks and mix them with a bit of butter, a spoonful of Anchovy Sauce, or one or two sardines scraped fine and a little pepper. Fill the whites with mixture, arrange on a glass dish on a bed of shred lettuce, garnished with tomato or beetroot, and cover lightly with mayonaise sauce.—Mrs. W. B. Thomson, Wife of Provost Thomson of Wishaw.

ECC AND BACON PIE.

$\frac{1}{2}$ lb. of bacon, 2 or 3 eggs, pepper and salt. Line a sandwich tin with a nice pie crust, cover the bottom with thin slices of lean bacon or ham (smoked if preferred), over this pour the eggs either slightly beaten or dropped in whole; cover with crust and bake about half an hour. If made in a pie dish, after lining the dish place layers of bacon and egg to fill the dish, or cut up the bacon in strips and mix. Cover with crust.—Mrs. Samuel Shaw, Mayoress of Ilkeston.

ECC PIE.

Boil 1 doz. eggs hard and cut them very small, clean about 1lb. of currants, take a gill of sweet cream, a little white wine, a little rose water. Season with beat cinnamon, sugar and the grate off a lemon. It will take $\frac{3}{4}$ lb. of fresh butter. Mix all together and cover with a carved paste, and fire it in the oven.—Miss Janet Macfarlan, Sister of Provost Macfarlan of Dumbarton.

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INOCK CRAB.

1 teacupful grated cheese, 1 tablespoonful butter, 2 tablespoonfuls vinegar, 1 teaspoonful mustard, 1 teaspoonful pepper, 1 teaspoonful sugar, 1 teaspoonful salt, the yolk of 2 hard-boiled eggs, and beat all well together.—Mrs. Miller, Wife of Provost Miller of Rothesay.

MACARONI AND MUSHROOMS.

Boil $\frac{1}{4}$ lb. of macaroni in $1\frac{1}{2}$ pints of water, with a little pepper and salt, for 20 minutes, or till a little piece can be crushed between the finger and thumb. Drain the macaroni, put it into a stew-pan, pour $\frac{1}{4}$ pint of stock over it, with 1 oz. of butter and 1 oz. of grated cheese, stir it over a gentle fire for 5 minutes, turn on a hot dish. Have ready the mushrooms, put them on the macaroni and serve. To prepare the mushrooms, wash and peel them, cut them into slices, and put them into a stew-pan, with 1 oz. of butter and a little pepper and salt. Toss them over the fire for 10 minutes, take them up and they are ready.—Mrs. H. W. Hitchen, Mayoress of Chorley.

MEAT ROLL—A BREAKFAST DISH.

1 lb. raw beef, $\frac{1}{2}$ lb. bacon, $\frac{1}{4}$ lb. bread crumbs, 2 eggs, pepper, salt, mustard, chopped parsley to taste. Put the beef and bacon through mincer first, then mix all together, boil three hours tied in a cloth like jam roll pudding. Let water boil before putting in. Glaze when cooked.—Mrs. George Stace, Mayoress of Cambridge.

MEDLEY PIE.

3 lbs. of apples, 2 lbs. of onions, 1 lb. of lean ham, sugar, pepper and salt to taste. Pare, core and slice the apples, peel the onions and slice them very thinly, cut up the ham in small strips, add enough sugar to sweeten the apples, pepper and salt to taste, cover with a good short crust. An hour and a half to bake. The onions take a long time.—Mrs. Samuel Shaw, Mayoress of Ilkeston.

MUSHROOMS (BAKED).

Take any quantity of mushrooms and peel and take out stalks, take a plate or dish, cover the bottom of same (or a little more than cover) with milk, put the mushrooms all over the bottom, each one with a small bit of butter and a little pepper and salt, heap up until the mushrooms you require are done in rows on top of one another, and bake for 15 to 20 minutes.—Mrs. H. J. Cox, Mayoress of High Wycombe, Bucks.

MUSHROOMS (STEWED).

Procure sufficient mushrooms (buttons preferred)—2lbs. sufficient for four people. Remove the skins, etc. Stew in sufficient water to cover bottom of stew-pan $\frac{1}{2}$ -inch deep, stew for $\frac{3}{4}$ of an hour. Drain off all water and add about $\frac{1}{2}$ pint of raw milk, salt and pepper to taste, and 2ozs. of butter. Thicken with 2ozs. of flour mixed to a paste with milk. Stir over fire until gravy thickens, and serve hot.—Mrs. Wm. Littleton, Mayoress of Devonport.

OATMEAL PORRIDGE.

Take two pints of water and a little salt, and put on to boil. After it boils put $2\frac{1}{2}$ medium handfuls of meal in, and stir till it goes down, as it generally boils over when the meal is first put in. Boil for half an hour. This quantity makes three soup plates of porridge. Remember to lay the "spurle" over the pot, as it inclines to singe the porridge if left inside. Putting same quantity of milk instead of water makes milk porridge.—Mrs. Bogle, Wife of Provost of Falkirk.

ŒUFS AUX ANCHOIS.—For Four People.

Boil four eggs hard, cut them in halves lengthwise. Remove the yolks, and mix with them some anchovy paste, anchovy sauce, a little finely chopped parsley, and pepper and salt to taste. Replace into the whites, and dish up with melted butter sauce which has been made with an egg in it. The yolks must not be allowed to cool, but mixed in a warm basin before the fire, for if they have to be warmed they get hard and dry.—Mrs. E. F. Chinery, Mayoress of Lymington.

OYSTER EGGS (Hot).

Take a teaspoonful each of very finely chopped ham, onion and parsley, add pepper and salt, mix together. Well butter some very small casserole cups, and sprinkle thickly with the above, then break one egg into each prepared cup, and on the top of the egg put a little grated Parmesan cheese, a teaspoonful of cream, half-teaspoonful of lemon juice, and a tiny bit of butter. Stand cups on a flat tin with half inch of hot water in, and put into a hot oven for about three minutes.—Mayoress of Ll., Wales.

RAMAKIN TOAST.

Grate 2ozs. of cheese, mix it with 1oz. of butter, a teaspoonful of made mustard, a pinch of salt, a little pepper, and the yolks of two eggs. Mix well in a basin, and work the mixture until thoroughly smooth. Toast two slices of bread and butter, then place them on a dish that will stand the oven, spread the cheese mixture over them pretty thickly, and bake from five to seven minutes, or, if preferred, brown the mixture with a salamander. It should be served at once or the toast will be tough.—Mrs. R. W. Mitchell, Mayoress of Hastings.

SAVOURY EGGS.

Three hard-boiled eggs, cut in half, take out yolks and rub through sieve. Cut bottom of white cases to make them stand. One ounce butter put in with yolk, 2 teaspoonfuls of anchovy sauce, mix well together. Put mixture in white cases and leave to dry.—Mrs. S. W. Hook, Mayoress of Honiton.

SAVOURY EGGS.

Boil the eggs hard, let them get cold, cut in half and take out all the yolks. Mix thoroughly with the yolk a little pepper, salt, butter, and a few drops of "A.I." sauce. Refill the whites, which form cups when cut in half, and serve cold. Garnish with lettuce, mustard and cress, or parsley.—Mrs. Robert Druitt, Mayoress of Christchurch.

SAVOURY PIE.

Cover the bottom of a buttered pie-dish with bread crumbs. Over these place a layer of any cold roast meat, chopped fine, and a layer of chopped tomatoes, then add another layer of bread crumbs, another layer meat, and another layer of tomatoes, cover them with bread crumbs and bake until brown. Each of the layers should be seasoned with pepper, and small pieces of butter should also be added. To be served in the pie-dish very hot.—Mrs. R. C. Watts, Mayoress of Weymouth.

SAVOURY RICE.

1 cup of rice, 1 pint of water. Wash rice until quite clean, boil rather dry, then add gravy, well seasoned, to make it the thickness required. Can be served in the place of a vegetable. Very nourishing for children.—Mrs. Charles Clements, Mayoress of Henley-on-Thames.

SCOTCH EGGS.

Four eggs, $\frac{1}{2}$ lb. sausage, a little flour, eggs and bread crumbs, fat for frying, some rounds of toast, or fried bread for dishing on. Boil eggs $\frac{1}{4}$ hour, then remove shells, and coat eggs with the sausage meat. Flour them, then dip in egg and breadcrumbs, press the crumbs well over, and fry in deep fat for three minutes. Drain on a paper, cut the eggs in two, dish on rounds of toasted bread, and serve hot.—Mrs. M. Macmurchy, Wife of the Provost of Campbeltown, Argyleshire.

SCOTCH PORRIDGE.

To each pint of water about $2\frac{1}{2}$ ozs. oatmeal, salt. Have salted water boiling, dredge in the meal through the fingers, stirring hard all the time. Stir all the time until boiling and thickened, draw to the side and simmer for an hour. (A double pan is safest to use for porridge.) Serve with milk.—Mrs. Helen P. Ballantyne, Wife of Provost of Peebles.

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SCOTCH RIVALRY.

An addition to Bacon and Egg Breakfast.

After the bacon has been cooked tilt the pan to one side, add oatmeal sufficient for the fat to moisten well, also a little sugar. Mix well, pour over all boiling water enough to swim it. With a knife mix rapidly and toss about until it forms into a smooth soft lump ; dish. Serve with bacon and egg. Time, ten minutes.—Mrs. John R. Frew, Wife of Provost Frew of Dingwall.

STEWED TOMATOES AND SPANISH ONIONS.

1lb. Spanish onions, 2ozs. butter, 1 dessertspoonful flour, 1lb. tomatoes, 1 teacupful stock, pepper and salt. Cut up the onions and tomatoes into a fireproof jar, add the stock, pepper and salt, rub the butter and flour together before adding. Mix all well together with a wooden spoon, and place the jar, well covered, in the oven for three or four hours. Particularly nice with roast mutton.—Mrs. N. W. Shairp, Mayoress of Hammersmith.

SUPPER DISH.

Line a well soaked mould with aspic or champagne jelly, when nearly cold make a wall all round with hard boiled eggs cut in halves, set in place with more jelly. When again nearly set fill in with chopped lobster, fill up with jelly, turn out and garnish with parsley.—Mrs. W. J. Costelloe, Mayoress of Gateshead-on-Tyne.

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TOMATO POTTED MEAT.

½lb. tomatoes, 2 hard-boiled eggs, 1oz. butter, salt and pepper, 1 dessertspoonful cornflour, 2 tablespoonfuls cream or milk, melt the butter, stir in tomatoes, which have been skinned and mashed. Add white of eggs, chopped finely, yolk of eggs, after rubbed through sieve, then flavouring. Mix cornflour with milk, add, stir till stiff paste is got, leave to cool in pots.—Mrs. W. S. Rowntree, Mayoress of Scarborough.

TOMATO EGGS.

2ozs. of butter, 4 eggs, 2 tomatoes, pepper, salt, buttered toast. Beat eggs well, add butter, and the tomatoes (which should be skinned and crushed with a fork), season, stir over the gas till the mixture thickens, then pile on buttered toast.—Mrs. J. C. Ingram, Mayoress of Southend-on-Sea.

TOMATO OMELET.

1 Tomato, 1 egg, 1 small onion, 1 tablespoon of milk, bread crumbs to about the weight of the egg, pepper and salt. Drop the tomato into boiling water to get off the peel, then chop it up fine, also the onion, beat the egg, and mix all well together before frying a light brown.—Mrs. Ridley Hooper, Mayoress of Bury St. Edmunds.

TOMATO BREAKFAST DISH.

Take as many tomatoes as will be required, and as near as possible of a size, cut out the centre with an apple corer, stuff with some meat (any kind will do), finely minced and seasoned with a little salt, pepper and herbs. Put the tomatoes into a well-buttered pie-dish, sprinkle with bread crumbs, and melt small pieces of butter over the top. Bake and serve very hot. This makes a nice dish for breakfast.—Mrs. Alfred Geach, Mayoress of Penryn, Cornwall.



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TOMATO PIE.

1lb. ripe tomatoes, juice of half lemon, a little sugar and salt, 1 egg, half cup milk or cream. Skin and slice tomatoes, and lay in a small pie-dish. Sprinkle over them a little salt, a little sugar, and juice of half a lemon. Take an egg, well beaten, and mix with milk. Pour this over tomatoes, and cover with a small piece of short crust, and bake in a hot oven for nearly one hour.—Mrs. R. E. Highton, Mayoress of Workington.

TOMATO RAREBIT.

Take three fresh ripe tomatoes, peel them and pass them through a fine sieve. Put the tomato pulp into a saucepan with one ounce of butter, one lump of sugar, half a teaspoonful of vinegar, salt, mustard and pepper to taste. Cook for a few minutes, and add three tablespoonfuls of chopped rich cheese. When the cheese is melted drop in the yolk of an egg, but do not boil. Have ready a slice of hot buttered toast, rather thick, pierce with a knife, pour the tomato mixture over and serve hot.—Mrs., W. F. Fenton-Jones, Mayoress of Hackney, N.E.

WELSH RABBIT.

$\frac{1}{4}$ lb. Dunlop or Cheddar cheese, 2 tablespoonfuls cream, 1oz. butter, $\frac{1}{4}$ teaspoonful made mustard, pepper and salt, a little cayenne, 2 slices of toast. Shred the cheese, put the cream and butter in a saucepan. When melted and warm add the cheese, stir till dissolved, taking care it does not boil, season. Butter the toast and pour the mixture over it.—Mrs. R. E. Highton, Mayoress of Workington.

CAKE HINTS.

Any Cakes or Puddings of which treacle or syrup forms a part is more liable to burn than other mixtures, and requires more attention when being cooked.

To know when a Cake is sufficiently baked plunge a skewer into the middle of it, draw the skewer out slowly, and if it looks in the least sticky, put the cake back until the skewer will come out quite clean. Then the cake will be sufficiently baked.

When making Apple Tarts always put a small lump of butter with the apples. This gives them a nice creamy flavour.

Cakes, Scones and Pastries, or Boiled Puddings, mixed with sour milk are beautifully light.

For making Cakes, Pastries and Bread, best flour is the cheapest in the end, most nutritious and always gives satisfaction, whereas cheap flour is difficult to masticate. For bread making use flour lacking in water, but strong in nitrogen.

To prevent Tarts and Pies from running over, tuck the upper crust under the lower and press down well.

Cakes and Tarts may be baked in a flat tin if the oven is not a good cooker. The cakes will be lighter and done in less time.

In Bread Making the chief thing is to have everything warm, not hot. If hot it will cause the yeast to foment and not grow.

CAKES AND SCONES.

TO PREVENT SANDWICHES BECOMING DRY.

Sandwiches prepared in advance of the serving can be kept as fresh as when first spread by wrapping them in a napkin wrung out of hot water, and then placing them in a cold place.—Mrs. Alfred Geach, Mayoress of Penryn, Cornwall.

BAKING POWDER.

4ozs. ground rice, 4ozs. carbonate of soda, 3ozs. tartaric acid. Mix well and keep in air-tight tin.—H.

BAKING POWDER.

8ozs. of cornflour, 4ozs. carbonate of soda, 2ozs. tartaric acid. Mix all the ingredients together and put through a sieve.—Miss Evelyn Evans, Mayoress of Cardigan.

BAKING POWDER.

8ozs. tartaric acid, 9ozs. carbonate of soda, 10ozs. of rice flour. Mix well and put in tins. Keep air-tight.—Miss Francis Groom, Mayoress of Harwich.

ABERNETHY CAKES.

Rub 1lb. of butter into 2lbs. of flour, add 8ozs. powdered lump sugar and a few caraway seeds. Have ready, dissolved in a gill of new milk (aired), $\frac{1}{2}$ oz. volatile salts. Mix these with the other ingredients to form a paste. Let it rise like bread, then roll out thin. Prick well and cut into small cakes. Bake slowly and well.—Mrs. Sam Rhodes, Mayoress of Morley.

ALMOND CENTRE CAKE.

$\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. brown sugar, 5 eggs, $\frac{3}{4}$ lb. flour, $\frac{3}{4}$ lb. currants, $\frac{1}{2}$ lb. between orange and citron, 1d. packet baking powder, 1 teacupful black treacle. Half fill the hoop with batter, place in your almond icing and fill in remain with batter. Bake in slow oven for $2\frac{1}{2}$ hours. When cold cover with almond icing, and place white icing over it.—Mrs. J. J. Callan, Mayoress of Drogheda.

ALMOND CAKE.

4 Eggs, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. flour, 1 teaspoonful of baking powder, a few almonds (blanched). Beat butter and sugar to a cream, then add eggs and flour alternately, also baking powder, lastly adding the almonds, which must be cut into small pieces, also a few drops of essence of almonds. Put into a well-buttered tin and bake in a slow oven.—Miss A. E. Dyas, Mayoress of Wenlock, Shropshire.

AMERICAN TEA CAKES.

2 Eggs, 2 tablespoonfuls of sugar, 2 tablespoonfuls of butter or beef dripping, 1 teacupful milk, $2\frac{1}{2}$ teacupfuls flour, 1 teaspoonful of carbonate of soda, 2 teaspoonfuls of cream of tartar. The carbonate of soda to be dissolved in the milk. Bake 20 minutes.—Mrs. S. W. Hook, Mayoress of Honiton.

APPLE CAKE.

$\frac{1}{2}$ lb. Flour, $\frac{1}{4}$ lb. butter, 1 teaspoonful cinnamon, $\frac{3}{4}$ teaspoonful baking powder, $\frac{1}{4}$ lb. castor sugar, 1 egg, apples. Mix flour, sugar and powder in basin, rub butter into it. Beat up the egg and add it. Knead it, roll out. Line round tin with pastry, fill with baked apples, put layer of pastry on top. Bake in moderate oven for $\frac{3}{4}$ hour. Serve cold with thick cream.—Mrs. James B. Chester, 1st Mayoress of Wallasey.

APPLE MERINGUE.

Line a deep plate with short pastry. Use no baking powder. When cooked decorate the edge with cocoanut or chopped almonds. Put on thin layers of lemon curd, apricot jam, stewed apple, and lastly a rather thick custard. Ornament with white of egg, stiffly beaten, and sugar. Put in the oven to set.—Mrs. E. J. Bishop, Mayoress of Folkestone.

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"ST. IVEL"

FAMOUS VEAL and HAM PIES.

APRICOT JAM SANDWICH.

2 Teacups of flour, 2 eggs, 3ozs. butter, 2 teaspoonfuls of baking powder, $\frac{3}{4}$ teacup of white granulated sugar, 1 dessertspoonful of Paisley flour. Beat butter and sugar to a cream, add eggs separately, and well beat together, then add dry ingredients previously mixed. Put in buttered tins, and bake for 15 minutes. When done, turn out of tins, and leave to cool before putting in the apricot jam.—Mrs. W. T. Patrick, Mayoress of Guildford.

ARROWROOT CAKE.

$\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ lb. ground sugar, 12ozs. arrowroot well pounded, 4 eggs, well beaten. Whip the butter to a cream with the hand, add the sugar with it, and the arrowroot by degrees, lastly the eggs. It must be put in a slow oven and baked about $1\frac{1}{2}$ hours.—Mrs. Newbold, Mayoress of Derby.

AUNTIES' CAKE.

1lb. of Cornflour, $\frac{3}{4}$ lb. of butter, $\frac{1}{2}$ lb. of sifted sugar, 4 eggs, 2 teaspoonfuls of baking powder, and the rind of 3 lemons. Beat the butter to a cream, add the sugar, then the eggs well beaten, lastly the cornflour and the lemon rind. Stir all the ingredients well together.—Mrs. A. Hudson, Mayoress of Wakefield.

BACHELOR CAKE.

1lb. Butter, 1lb. sugar, 1lb. sultanas, 1lb. currants, 2lbs. flour, $\frac{1}{2}$ lb. almonds, 4 eggs, 2 teaspoonfuls soda, 2 teaspoonfuls cinnamon, 2 teaspoonfuls allspice, 2 teaspoonfuls ground ginger. Mix all with buttermilk to soften. Bake for fully an hour.—Mrs. R. E. Highton, Mayoress of Workington.

"ST. IVEL" LACTIC CHEESE.

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BACHELOR CAKE.

$\frac{3}{4}$ lb. Four, $\frac{1}{2}$ lb. sultanas, 6ozs. sugar, 1 egg, $1\frac{1}{2}$ teaspoons carbonate soda, $\frac{1}{2}$ lb. currants, 2ozs. orange peel, $\frac{1}{2}$ oz. mixed spice, 2 teacups of milk, 1 teaspoon tartaric acid, $\frac{1}{4}$ lb. butter. Stir butter and sugar together to a cream, then stir in egg with a little flour. Put soda, also tartaric acid in the milk. then stir in the milk and flour by degrees. Afterwards add the spice, then add the fruit. Bake in a moderate oven for 2 hours.—Mrs. W. F. Soames, Mayoress of Greenwich.

BROWN SCONES.

$\frac{1}{2}$ lb. Self-Raising flour (or plain and a teaspoon extra baking powder), $\frac{1}{2}$ lb. wheatmeal, $\frac{1}{4}$ lb. butter, salt, 1 teaspoon of baking powder, and milk. Rub butter into flour, add other ingredients, mix until stiff. Either roll out and cut in small scones for girdle or oven, or knead into two larger cakes, about an inch thick. Prick and put in rather quick oven.—Mrs. J. W. Plenderleith, Mayoress of Berwick-on-Tweed.

BUNS.

2lbs. Flour, $\frac{1}{4}$ lb. butter or lard, 1d. yeast, 2 eggs, 1oz. candied peel, 4ozs. sugar, 1 pinch of spice, $\frac{1}{2}$ lb. currants or sultanas. Mix with milk to a light dough, after rubbing the lard in the flour. The yeast, eggs and milk to rise first.—Miss C. Fentem, Mayoress of Stalybridge.

CAMBRIDGE CAKE.

$\frac{1}{2}$ lb. prepared flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. castor sugar, 4 eggs, $\frac{1}{4}$ lb. mixed peel. Mix butter, sugar and eggs to a cream, add flour lightly, peel, and currants last. Bake in a slow oven, 1 or $1\frac{1}{4}$ hours.—Mrs. Weston Miller, Mayoress of Wisbech.

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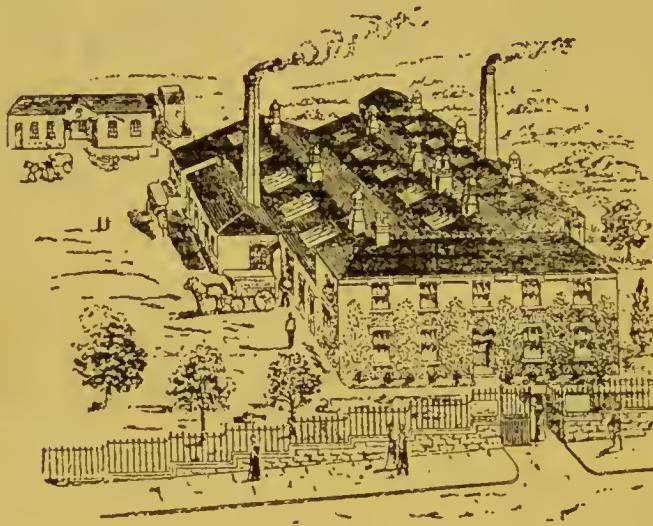
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CAKE WITHOUT EGGS.

1lb. Flour, $\frac{1}{2}$ lb. sultanas and currants, $\frac{1}{2}$ lb. fat, $\frac{1}{4}$ lb. castor sugar, 2 flat teaspoonfuls carbonate of soda, 2 teaspoonfuls baking powder, 2 tablespoonfuls vinegar, a little peel, milk and water. Mix flour, baking powder, soda and sugar together, then add fat, then fruit and peel. Add sufficient milk and water to make a fairly stiff dough, lastly adding the vinegar, well mixing it in.—Mrs. S. H. Dening, Mayoress of Chard.

CAKE.

4ozs. Flour, 3ozs. butter, 4 ozs. sugar, 3 eggs, 2 teaspoonfuls baking powder. Beat the butter and sugar to a cream, add baking powder and flour, beat the eggs 10 minutes. Then mix all together and bake in a quick oven. When cold cleve and put in cream.—Mrs. T. W. Bentley, Mayoress of Ossett, Yorks.

CEYLON CAKES.

6ozs. Butter, $\frac{1}{2}$ lb. flour, 1 teaspoonful of baking powder, $\frac{1}{2}$ lb. castor sugar, a few currants, 2ozs. finely cut candied peel, 4 eggs, a pinch of carbonate of soda, 1 tablespoonful of milk. Have your eggs well beaten, then add the soda and the baking powder mixed with the milk. Rub the butter well into the flour, adding the sugar and eggs all together. Beat them well for a quarter of an hour, then add the currants and candied peel. Half fill and bake in patty pans in a quick oven.—Mrs. E. F. Chinery, Mayoress of Lymington.

NELSON'S Special Leaf.

CHERRY CAKE.

$\frac{3}{4}$ lb. of Flour, $\frac{3}{4}$ lb. butter, $\frac{1}{2}$ lb. castor sugar, $\frac{1}{2}$ lb. cherries, $\frac{1}{4}$ lb. candied peel, $\frac{1}{2}$ lb. sultanas, 4 eggs, $\frac{1}{2}$ teaspoonful baking powder. Beat butter and sugar to a cream, add eggs, well beaten, also the flour. Beat 10 minutes, add cherries and baking powder, and lastly $\frac{1}{2}$ teaspoonful of vanilla essence. Line a cake tin with paper (buttered), and bake for two hours in a moderate oven. If the mixture is considered too stiff a little milk may be added.—Mrs. J. M. Stuart, Wife of Provost Stuart of Fortrose.

CHERRY CAKE.

1lb. Flour, $\frac{3}{4}$ lb. sifted sugar, 4 eggs, 2 teaspoonfuls baking powder, the grated rind of a fresh lemon, $\frac{1}{2}$ lb. dried cherries cut in quarters, 1 teacupful of milk. Cream butter and sugar, add the eggs, beat all well, add part of flour, then lemon, rest of flour, in which the baking powder has been mixed, stir in the cherries, and bake in buttered tin two hours in a moderate oven.—Mrs. Alfred Geach, Mayoress of Penryn.

CHOCOLATE CAKE.

Beat to a cream $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. castor sugar, add gradually $\frac{1}{2}$ lb. sifted flour, then add 3 eggs, each separately, and beat the mixture for several minutes. Then add 1oz. chocolate powder, 1oz. of ground almonds, 1oz. of desiccated cocoanut, flavour with a little essence of vanilla.

Icing for Above.

$\frac{1}{4}$ lb. of chocolate powder, $\frac{1}{4}$ lb. of icing sugar, 1 tablespoonful water. Stir until melted and cover cake quickly.—Mrs. James Malkin, Mayoress of Glossop.

CHOCOLATE CAKE.

$\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ lb. sugar, 1lb. flour, $\frac{1}{2}$ lb. sultana raisins, 1oz. almonds (chopped), 4 eggs, 1 small teaspoonful soda-bicarbonate, 2 small teaspoonfuls cream of tartar, 1 teaspoonful essence of vanilla, and about $\frac{1}{2}$ pint of milk. Cream the butter and sugar, and add gradually the sifted flour (to which

has been added the soda-bicarbonate and cream of tartar), and the eggs, well beaten. Mix the chocolate powder with the milk and warm it on the stove. Add to the mixture, then add the sultanas and almonds, and lastly the essence. Bake in a moderate oven for about an hour. This quantity makes two medium sized cakes. It would also make very nice small cakes if baked in patty tins.—Mrs. Frederick Sedgwick, Mayoress of Poplar.

CHRISTMAS CAKE.

1lb. of Butter, 1lb. flour, 1lb. castor sugar, 1lb. sultanas, $\frac{3}{4}$ lb. currants, $\frac{1}{2}$ lb. mixed peel, the rind and juice of 1 orange, a teaspoonful of grated cinnamon. Cream the butter and sugar, then add 6 well beaten eggs, and a glass of brandy. Stir in gradually the dry ingredients, beat all thoroughly together, and bake in a moderate oven for $2\frac{1}{2}$ or 3 hours; or can be made into smaller cakes, and improves very much by being kept several weeks. If preferred an extra egg may be used in place of brandy.—Mrs. James Malkin, Mayoress of Glossop.

CORONATION CAKES.

$\frac{1}{2}$ lb. of Flour, $\frac{1}{2}$ lb. of sultanas, $\frac{1}{4}$ lb. of butter, $\frac{1}{2}$ lb. of ground rice, $\frac{1}{4}$ lb. of currants, $\frac{1}{4}$ lb. of castor sugar, 2 eggs, 1 teaspoonful of carbonate of soda, $\frac{1}{4}$ pint of warm milk, a little grated nutmeg, 8 drops of almond flavouring. Mix ingredients well together (the soda should be mixed with the warm milk). Bake in moderate oven from $1\frac{1}{2}$ to 2 hours.—Miss Ethel Beard, Mayoress of Truro.

COBURG CAKES.

6ozs. Flour, 2ozs. butter, 4ozs. sugar, 3 eggs, $\frac{1}{2}$ teaspoonful ground ginger, $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful allspice, 1 teaspoonful baking powder, 1 tablespoonful syrup, pinch of salt. Mix butter and sugar to a cream, and break eggs into it, one at a time. Mix all the dry ingredients together, and add gradually to butter, sugar and eggs. Add syrup and mix well. Put mixture into greased patty tins, and bake for 15 or 20 minutes.—Mrs. Douglas, Wife of Provost of Forres.

COCOANUT CHEESE CAKES.

1 Cup of cocoanut, $\frac{3}{4}$ cup of white sugar, $\frac{1}{2}$ teaspoonful of baking powder, 2ozs. of butter, a few currants, small piece of candied peel. Mix together with 1 egg. Bake in moderate oven.—Mrs. C. E. Austin, Mayoress of Southport.

COCOANUT CAKES.

2ozs. Butter, 4ozs. sifted sugar, 8ozs. self-raising flour, 2ozs. desiccated cocoanut, 1 teacupful milk, 2 eggs. Beat butter and sugar to a cream, add the flour and milk, and beat well. Beat up the yolks and whites separately, add yolks and cocoanut, and beat well, then add whites. Put in well-buttered cake tins and bake in a moderate oven for 20 minutes. When baked spread the tops of the cakes with jelly and coat with cocoanut.—Mrs. Young, Wife of Provost of Jedburgh.

COCOANUT TARTLETS (Original).

Line some small patty tins with short pastry. Put about $\frac{1}{2}$ teaspoon of raspberry jam in each, and fill $\frac{3}{4}$ full with the following mixture:—1 egg, 2ozs. castor sugar, 2ozs. butter, 2ozs. flour, $\frac{1}{2}$ teaspoonful baking powder, 1oz. desiccated cocoanut. Cream butter and sugar together, drop in the egg whole, and beat well, then stir in lightly the flour, cocoanut and baking powder. Bake in a fairly quick oven.—Miss Clara Fentem, Mayoress of Stalybridge.

COFFEE CAKE.

2 Eggs, $\frac{1}{2}$ lb. butter, 3 cups flour, 1 cup strong coffee, 1 teaspoon cinnamon, 1 teaspoon cloves, $1\frac{1}{2}$ cups sugar, $1\frac{1}{2}$ cups raisins, 2 teaspoons cream of tartar, 1 teaspoon baking soda, 1 teaspoon nutmeg. Cream butter and sugar, beat in eggs, add fruit and spices, then coffee, slightly warmed with soda dissolved in it, then add flour and cream of tartar. Bake in good oven.—Mrs. Skinner, Wife of Provost Skinner of Oban.

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"ST. IVEL"

FAMOUS VEAL and HAM PIES.

COFFEE CAKE.

Take the weight of two eggs in butter, sugar and flour, beat butter to a cream, add sugar, then two well-beaten eggs, one tablespoonful of strong coffee, and lastly flour, to which has been added one teaspoonful of baking powder. Butter a cake tin and pour in the mixture, and bake in a moderate oven about $\frac{3}{4}$ hour. When cold spread over the cake top and sides some coffee Vienna icing, made with 2ozs. of butter, beaten to a cream, then sift in icing sugar, about 5ozs. of which has previously been rubbed through a sieve, colouring with a dessertspoonful of strong coffee, sprinkle over with finely chopped burnt almonds.

Method.—Blanch and chop 2ozs. almonds finely and place in a moderate oven to brown. Average cost, about 1s. 2d.
—Mrs. James Dalton, Mayoress of Stamford.

CORNFLOUR CAKES.

$\frac{1}{2}$ lb. Cornflour, 1 teaspoonful baking powder, rind of 2 lemons, $\frac{1}{4}$ lb. castor sugar, 6ozs. butter, 2 eggs. Cream butter and sugar together, add the lemon rind, then the eggs, one at a time, with a little of the cornflour, then add the rest of the cornflour. Bake in small tins in a moderately hot oven.—Mrs. H. R. F. Brooks, Mayoress of Banbury.

CRAIGFORTH SCONES.

1lb. of Flour, 2 teaspoonfuls of sugar, 2 teaspoonfuls cream of tartar, 1 teaspoonful of carbonate of soda, a piece of butter the size of an egg. Sift dry ingredients in a bowl, rub butter in finely. Mix with sweet milk, roll out, and cut into rounds. Fire in sharp oven three minutes.—Mrs. John Taylor, Wife of Provost Taylor, Clydebank.

"ST. IVEL" LACTIC CHEESE.

Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol.

CREAM PUFFS.

$\frac{1}{2}$ pint Water, 2ozs. butter, 4ozs. sifted sugar, 3 eggs. Boil the water and butter together, and when boiling stir in the flour, and keep stirring until the mixtures leaves the sides of the pan quite clean. Put aside to cool, then add the eggs, one at a time, beating well between each. Then drop, by tablespoonfuls, on greased paper, and bake in quick oven about 20 minutes. When cold split the puffs one side and fill with jam or whipped cream.—Miss Bennett, Mayoress of Buckingham.

CRUMPETS.

1 Egg, 1 breakfastcup of plain flour, $\frac{1}{2}$ teaspoonful of carbonate of soda, 1 teaspoonful of cream of tartar, a little milk. Mix the flour, soda, and cream of tartar (a little sugar if desired), beat up the egg, add a little milk, mix all together with the flour, make it about the thickness of good cream. Have ready a girdle or thick frying pan, grease the pan in two or three places, the shape you want the crumpets, make the pan hot over the fire and place a tablespoon of the mixture on the greased places. Place over rather a quick fire. Fifteen crumpets can thus be made, cooked and on table in 10 minutes.—Mrs. C. T. Richards, Mayoress of Wolverhampton.

CURRANT BREAD.

14ozs. Flour, 6ozs. sugar, 6ozs. currants, 2ozs. butter, 2ozs. lard, $\frac{1}{2}$ oz. lemon peel, 1 egg, 2 teaspoonfuls baking powder. Mix dry ingredients together, melt the butter and lard, add the egg, well beaten, and mix all together with equal parts of milk and water (rather dry). This is an excellent recipe and most economical.—Mrs. H. Cowburn, Mayoress of Leigh, Lancashire.

CURRANT CAKE.

2lbs. Flour, 1lb. currants, 1lb. sultanas, 1lb. sugar (castor), $\frac{1}{2}$ a nutmeg (grated), 1oz. angelicia, 1 pint new milk, 6ozs. butter, 6ozs. lard, 3ozs. lemon peel, 2ozs. baking powder, 2ozs. chopped almonds, 2ozs. glazed cherries, 4 eggs. This makes a delicious cake and one I often make. It is seldom I taste a nicer one.—Mrs. Wm. Wise, Mayoress of Launceston.

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Use old calico or lint ; thinly spread the Ointment with a thin bit of wood, or with the finger ; change the dressing twice a day, and if the inflammation be high, it would be well to change it more frequent ; the leg may be damped with cold water with benefit. Apply a poultice during the night, as required, of coarse oatmeal, well creed ; a portion of Ointment might be mixed with the meal or spread on the surface.

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Apply a slight dressing once or twice a day ; draw down the bottom lid whilst anointing.

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NELSON'S Sheet Gelatine.

CURRENT CAKE (RICH).

1lb. Flour, $\frac{1}{2}$ lb. castor sugar, 6 eggs, $\frac{1}{2}$ lb. butter, $\frac{3}{4}$ lb. currants, 2ozs. candied peel, nutmeg to taste. Beat butter to a cream, add sugar, and beat a $\frac{1}{2}$ of an hour, then add eggs, beating two at a time to the mixture. Shake in the currants, candied peel and nutmeg, and beat all together. Put in cake tin, lined with greased paper, bake two hours, sometimes a little longer is necessary.—Mrs. Wm. Haynes, Mayoress of Woodstock.

CURRENT CAKE (NICE).

Two teacupfuls flour, $\frac{1}{2}$ teacupful castor sugar, 2 eggs, 1 teacupful currants, $\frac{1}{4}$ lb. butter, 1 teaspoonful baking powder and a little milk. Bake in buttered tin for 1 hour.—Mrs. Alfred Geach, Mayoress of Penryn.

DEVILED CAKE.

Half-cup of grated chocolate, pour over it $\frac{1}{2}$ cup of boiling water, add one teaspoonful of soda and let it stand. Then take 2 cups of white sugar, 2 eggs, $\frac{1}{2}$ cup of butter, mix well, and add $\frac{1}{2}$ cup of buttermilk, $2\frac{1}{2}$ scant cups of flour, then add the dissolved chocolate while warm. Bake in layer tins.

Icing.

Two cups of brown sugar, 6 tablespoons sweet milk, boil 5 minutes. Stir all the time, take from the fire, add one teaspoonful of vanilla and stir until thick enough to spread between each layer and on top.—Mrs. Jackson-Gabb, Mayoress of Droitwich.

NELSON'S Powdered Gelatine.

GOOD FAMILY CAKE.

$\frac{1}{4}$ lb. Fresh Butter beaten to a cream, $\frac{1}{2}$ lb. fine sugar, 1lb. flour, 1lb. currants, 3 eggs, well beaten, 1 breakfast-cupful new milk, 1 teaspoonful vol. of salts. Bake about 1 hour in moderate oven in well greased mould.—Mrs. F. A. Green, Mayoress of Lostwithiel.

TEA CAKE.

Two teacups of flour, 6ozs. butter, 4ozs. sifted sugar, $\frac{1}{2}$ lb. currants, 1 teaspoonful of baking powder, 3 eggs. Bake in a quick oven.—Mrs. H. C. Norton, Mayoress of Wells.

EASTER CAKES.

1lb. Flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. castor sugar, 4ozs. currants, 2 eggs, 1 teaspoonful volatile salts, and cinnamon to taste. Mix a little butter with the sugar, flour and spice. Then melt the remainder of the butter with the white of one egg and the yolks of two, all together. Add the currants and roll out thinly. Cut into round cakes and bake in a moderate oven. The volatile salts are to be mixed with the flour, etc., first of all. They should be bought ready powdered at a chemists just before using, as the strength quickly evaporates.—Mrs. H. W. Pollard, Mayoress of Bridgwater.

ECCLES CAKES.

$\frac{1}{2}$ lb. Flour, 2ozs. butter, 2ozs. lard, pinch of salt, teaspoonful of baking powder, and sufficient water to make the pastry. For the filling:—2ozs. brown sugar, 1oz. butter, 4ozs. currants, 1oz. lemon peel chopped fine, grated lemon rind and nutmeg. Melt butter and sugar in pan, then add the other ingredients, and stir till mixed. Make the pastry puff fashion, then roll out about $\frac{1}{2}$ in. thick, and cut into rounds about 3ins. across. Put a spoonful of the filling mixture on one half of the round, fold over the other half, press the edges and roll until the currants shine through. Bake for about $\frac{1}{2}$ hour in steady oven.—Mrs. W. H. Huddy, Mayoress of Liskeard, Cornwall.

FAVOURITES.

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. granulated sugar, $\frac{1}{4}$ lb. butter and lard (half of each), 2ozs. currants, a little milk, add a pinch of salt. Rub the butter into the flour, as for short paste, add sugar, salt and currants, and make into a stiff paste with milk. Roll out very thin and stamp out into rounds with a small cutter about as big as the top of a wineglass, and bake till pale brown.—Mrs. W. F. Fenton Jones, Mayoress of Hackney, N.E.

FRUIT CAKE.

12ozs. Self-raising flour, 6ozs. castor sugar, 2ozs. ground almond, 8ozs. sultanas or currants, 2 tablespoonfuls of brandy, 7ozs. fresh butter, 3ozs. lemon peel, grated rind of 1 lemon (dried), 4 large eggs or 5 small ones, 1 tablespoonful of milk. Well beat up eggs, thoroughly beat up sugar and butter first, then add dry ingredients, and lastly eggs, milk, and brandy.—Mrs. H. J. Spiller, Mayoress of Taunton.

FRUIT CAKE.

$\frac{1}{2}$ lb. Flour, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. sugar, 2 eggs, about $\frac{1}{4}$ teacup milk, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. peel (to be chopped small), essence of lemon, pinch of salt, $\frac{1}{2}$ teaspoonful baking powder. Rub butter into flour, add all dry ingredients except baking powder. Beat up eggs, add with enough milk to allow the mixture to be well beaten, add baking powder, mix well, bake from 1 $\frac{1}{2}$ to 2 hours.—Mrs. S. P. Ginn, Mayoress of Hertford.

GENEVA CAKE.

1lb. of Flour, $\frac{3}{4}$ lb. of sifted sugar, $\frac{3}{4}$ lb. of butter, 5 eggs, well beaten. Mix all well together, put on a baking sheet, about an inch thick, and bake to a light brown. Cut to any size, ornamented with raspberry jam.—Mrs. A. Hudson, Mayoress of Wakefield.

GINGER CAKE.

1½lbs. Flour, 1lb. treacle, ¼lb. coarse sugar, ½lb. butter, 1oz. ground ginger, ½ pint milk, 1 egg, and 1 teaspoonful of carbonate of soda. Put flour, ginger and sugar in a bowl, and stir up dry, then add the butter (melted), treacle and egg (beaten up). Warm the milk, pour on soda to dissolve it, add last thing, mix thoroughly to a smooth dough. A nice size tin to bake in is one 14ins. by 11ins., from ¾ to 1 hour. Very moderate oven.—Mrs. W. H. Huddy, Mayoress of Liskeard, Cornwall.

GINGERBREAD.

1lb. of Flour, 1lb. of golden syrup, ½lb. of butter, 2ozs. of sugar, 1oz. of mixed peel, 1 teaspoonful of grated ginger, 1 teaspoonful of carbonate of soda, 1 small teacupful of milk 2 eggs. Put the syrup, butter and sugar into a saucepan over the fire to dissolve. Beat the eggs, and cut the peel finely, mix the flour, ginger and peel in a basin, then stir the eggs and syrup in and beat well. Dissolve the soda in the milk, add it and beat well again. It should be moist enough to easily pour into a greased shallow tin. Bake in a moderate oven for ¾ hour. When done let it cool a few minutes, and, where there is not a sieve, let it lean to allow the steam to escape.—Mrs. H. J. Beavis, Mayoress of Stoke Newington.

GINGERBREAD.

Mix and beat together ½lb. treacle, ½lb. flour, ½lb. melted butter, ½oz. ginger powder. Place in shallow greased tins and bake immediately.—Mrs. C. Watson, Mayoress of Sandwich.

GINGERBREAD.

½lb. of Treacle, ¾lb. of flour, 2ozs. of butter, 2ozs. moist sugar, 1 teaspoonful of carbonate of soda dissolved, 2 eggs, 1 heaped teaspoonful of ground ginger. Rub butter well into the flour, then mix ginger, sugar and treacle, adding eggs, well beaten, then milk and soda. Put the whole into a well greased batter tin. Bake in a moderate oven ¾ hour.—Mrs. J. Compton Reeks, Mayoress of Andover.

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GINGERBREAD SNAPS.

1lb. of Flour, $\frac{1}{2}$ lb. of treacle, $\frac{1}{2}$ lb. of sugar, $\frac{1}{4}$ lb. of butter, $\frac{1}{2}$ oz. of best prepared ginger, 16 drops of essence of lemon, potash the size of a nut, dissolved in a tablespoonful of hot water.—Mrs. J. Moffat, Wife of Provost Moffat of Forfar.

GRANDA'S BUNS.

To the weight of eggs when whole, just the same of butter, flour, and castor sugar, not quite the weight of currants, or they will be heavy. Creaming the butter and sugar together add eggs when beaten, the flour, currants, add a little baking powder to the flour before using.—Miss Frances Groom, Mayoress of Harwich, Essex.

HOT IRISH CAKE.

6ozs. Flour (plain), 2ozs. butter (leaf lard can be used), 1 egg, 1 tablespoonful castor sugar, 1 tablespoonful baking powder, a little milk. Rub butter into flour, whisk the eggs and mix all together. Bake in a moderate oven about $\frac{1}{2}$ hour.—Mrs. Jackson-Gabb, Mayoress of Droitwich.

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INDIAN CAKE.

1lb. Flour, 4ozs. butter, 4ozs. black treacle, 4ozs. golden syrup, 6ozs. sultanas and raisins, 2ozs. sugar, 2ozs. candied peel, 1 teaspoonful ground rice, 1 teaspoonful of allspice, 1 teaspoonful of carbonate of soda, $\frac{1}{2}$ pint of hot milk. Mix the dry ingredients together, melt the treacle, syrup and butter together, making a hole in the middle of flour and mix gradually. Melt carbonate of soda in hot milk and add last. Bake in very hot oven for $2\frac{1}{2}$ hours.—Mrs. A. W. Willmer, Mayoress of Birkenhead.

JAM SANDWICH.

The weight of two eggs in butter, castor sugar and self-raising flour. Beat butter to a cream then add sugar, beat again, add eggs, previously beaten, and lastly flour, flavouring may be added to taste, beat for 10 minutes, and bake in shallow tins in hot oven from 10 to 15 minutes.—Mrs. W. E. Randall, Mayoress of Bridport, Dorset.

JUMBLES.

2ozs. Butter, 2ozs. sugar, $\frac{1}{4}$ lb. flour, 1 egg, $\frac{1}{2}$ rind of a lemon. Beat the butter and sugar to a cream, then add flour and egg, and a little baking powder by degrees. Divide into 12 pieces, roll out like a worm and coil like a snake.—Mrs. S. H. Cuff, Mayoress of Woolwich.

KENT TEA CAKES.—Dec., 1800.

1lb. Flour, 6ozs. lard, 6ozs. butter, $\frac{1}{4}$ lb. currants, $\frac{1}{2}$ teaspoonful of salt, a little water. Mix well to a stiff paste, roll out three or four times, then when about $\frac{1}{2}$ in. thick, cut out with cake cutter. Bake in a quick oven.—Mrs. Edwin Finn, Mayoress of Lydd, Kent.

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NELSON'S Egg Albumen.

LAYER CAKES.

Two eggs, their weight in butter, sugar and flour. Cream the butter, add sugar, then eggs, and lastly flour. Beat well for 20 minutes, then pour into well greased sandwich tins, and bake 20 minutes in a brisk oven. Put lemon cheese or jam between.—Mrs. W. F. Fenton-Jones, Mayoress of Hackney,

N.E.

LEAMINGTON CAKE.

Beat 3 eggs with 4½ozs. of castor sugar to a very stiff froth, resembling thickened cooked mustard, then stir in lightly 3ozs. of flour with a pinch of salt, and $\frac{1}{4}$ teaspoon of baking powder added to the flour. Bake in a Yorkshire pudding tin, 10ins. by 14ins., which has been well greased, and a little castor sugar shaken over it (and the loose shaken off again). When lightly brown and firm to the touch, turn on to a sugared paper to cool. When cold spread with chocolate icing made in the following manner:—½lb. icing sugar, 2oz. butter, and 2 heaped teaspoonsfuls of chocolate powder. Beat sugar and butter together, dissolve the chocolate in a very little cold water just to make it smooth. Beat all to a smooth paste. Spread on cake with knife dipped in boiling water.—Mrs. Thos. Coxon, Mayoress of Huntingdon.

LUNCHEON CAKES.

1lb. of Self-raising Flour, 6ozs. lard, 3ozs. butter, 6ozs. sugar, 2ozs. lemon peel, 3 eggs. Mix with a little milk and bake in a moderate oven 1½ hours.—½lb. of sultanas or currants.—Mrs. W. E. Randall, Mayoress of Bridport, Dorset.

MADERIA CAKE.

The weight of 3 eggs in butter, self-raising flour, and castor sugar. Cream butter and sugar, add eggs, well beaten, lastly flour, carefully dredged to the mixture. Bake 1½ hours. Fruit may be added if preferred.—Mrs. W. E. Randall, Mayoress of Bridport.

NEWPORT CAKE.

The weight of four eggs in butter, flour, sugar and currants. Mix butter and yolks of eggs with sugar. Add currants and a little vanilla, and then flour. Whisk the whites of the eggs to a stiff paste and pour into mixture. Bake in two flat tins and cover with chopped almonds.—Mrs. Thos. Butler, Mayoress of Swindon.

NORWEGIAN WAFFLE CAKES.

½lb. Butter, ½lb. Flour, ½lb. sugar, 3 eggs and a little milk. Mix flour and sugar, rub in the butter, beat eggs and milk and mix to a thick batter. Heat the iron, put one dessert-spoonful of the mixture into the iron. Place it on the fire, and cook a golden brown both sides.—Mrs. E. L. Phillips, Mayoress of Dartmouth.

ORANGE CAKE.

One orange, 3 eggs, 6ozs. of sugar, ½lb. of butter. Grate the rind and squeeze half the juice of the orange. Beat the butter to a cream, add sugar and yolks of eggs, and other ingredients, lastly the whites of eggs beaten to a froth. Take the remainder of the orange juice with ½lb. of icing sugar, and spread on the cake when cold.—Mrs. Marshall Dugdale, Mayoress of Llanfyllin, Mont.

ORANGE CAKE.

One orange, 3 eggs, 6ozs. castor sugar, $\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. flour. Grate the rind of one orange, use juice of half, cream butter, add sugar and yolks of eggs, beat 15 minutes, stir in flour, grated rind and juice, lastly whites of eggs beaten to a stiff froth. Bake 1 hour. Icing.—Juice of 1 orange, warm in saucepan and add $\frac{1}{4}$ lb. icing sugar, put smoothly over cake while warm.—Mrs. B. Penhale, Mayoress of Great Torrington.

ORANGE CAKE.

The weight of an egg in butter, sugar and flour, the grated rind of half an orange, and the juice of half the orange. Beat the butter to a cream, stir in sugar (beat well), then add the rind and juice and the egg, well beaten, gradually the flour, and one large dessertspoonful of baking powder. Spread in a large flat tin, and bake in a moderate oven 20 minutes.

Icing for Cake.

About 3 or 4 tablespoonfuls of icing sugar, the grated rinds and strained juice of half an orange (this is for a soft icing). Stand in a cool place, spread on when cold.—Mrs. Robert Druitt, Mayoress of Christchurch, Hampshire.

OVEN SCONES.

4 Teacupfuls flour, $\frac{3}{4}$ teaspoonful salt, $\frac{3}{4}$ teaspoonful baking powder, $\frac{1}{2}$ teaspoonful cream of tartar, dessertspoonful butter. Moisten with buttermilk and cook in hot oven.—Mrs. R. E. Highton, Mayoress of Workington.

HOVIS SCONES.

1lb. Hovis flour, 2ozs. butter or lard, 2 heaped teaspoonsfuls Borwicks baking powder, $\frac{1}{2}$ teaspoonful salt. Mix flour, powder and salt thoroughly, then work in fat, dry, mix with milk, or water only, roll out in round cakes, cut right through in quarters, before baking in hot oven. —Mrs. C. Hunt, Mayoress of Bournemouth.

PANCAKE SCONES.

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ teaspoonful of salt, 1 teaspoonful of sugar, 1 teaspoonful carbonate of soda, 1 egg, and milk enough to make it as thin as hasty pudding. Have a griddle buttered and very hot, drop in spoonfuls and turn quickly with a knife. —Mayoress of W., Suffolk.

PARKIN.

1 $\frac{1}{2}$ lbs. of Oatmeal, $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of sugar, $\frac{1}{2}$ lb. of butter, 2ozs. of lard, 1oz. of peel, 1lb. of syrup, $\frac{1}{2}$ oz. of ginger, 1 teaspoonful of carbonate of soda dissolved in tablespoonful of milk. Melt butter and lard with syrup to mix with dry ingredients. Add carbonate of soda last. Bake in a slow oven.—Mrs. James Malkin, Mayoress of Glossop.

PIKELETS.

Mix 1 pint of new milk with flour into a smooth batter—not too thin. Add the following—1 large teacupful of bread crumbs, $\frac{1}{4}$ lb. butter, melted and cooled, 1 saltspoonful of salt, 1 dessertspoonful of sugar, 2 or 3 eggs, well beaten, $\frac{1}{2}$ teaspoonful of baking powder, 1 dessertspoonful of barm or yeast. Set near fire to rise for an hour before baking. A few cleaned currants to be sprinkled when baking. Drop a large cupful of the mixture on to a heated bakestone or sheet, into a ring to keep in shape, and bake on a stove or hot plate. Serve hot and buttered.—Miss Mary E. Tutton, Mayoress of Cowbridge.

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FAMOUS VEAL and HAM PIES.

PINEAPPLE CAKES.

$\frac{1}{2}$ lb. Self-raising flour, $\frac{1}{4}$ lb. castor sugar, $\frac{1}{4}$ lb. butter, 4 eggs, about 8 pineapple chunks (sold in tins or glases) cut into small pieces. Beat the butter and sugar to a cream, then add the eggs, well beat the mixture (the eggs to be previously well beaten), then add the flour, and fruit last of all.

For the Icing.

Mix 2ozs. of icing sugar with a small quantity of the pineapple syrup and spread it on the top of the cakes while still warm.—Mrs. S. H. Dening, Mayoress of Chard.

PLAIN LUNCH CAKE.

1lb. Flour, 6ozs. butter, $\frac{3}{4}$ lb. sugar, $\frac{1}{4}$ lb. raisins, 6ozs. currants, $\frac{1}{4}$ lb. candied peel, 3 eggs, a little milk, 2 teaspoonfuls baking powder. Bake in a moderate oven for 2 hours.—Mrs. J. T. Cooper, Mayoress of Bolton.

PLUM CAKE.

14ozs. of Flour, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. of raisins, 2ozs. of corn-flour, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of currants, $\frac{1}{2}$ teacupful of milk, 2 teaspoonfuls of baking powder, 2 eggs. Beat the sugar and butter to a cream, add the eggs, milk, fruit and flour, to which the baking powder has been previously well mixed. Bake in a moderate oven for about 2 hours.—Mrs. J. P. Atkinson, Mayoress of Saffron Walden, Essex.

“ST. IVEL” LACTIC CHEESE.

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PLUM CAKE.

1 $\frac{3}{4}$ lbs. of Butter worked to a cream. 1 $\frac{1}{2}$ lb. sugar, 9 or 10 eggs, well beaten and mixed with the butter and sugar. Then add 3lbs. of flour, to be well mixed with a little milk if required. 3lbs. of currants, 1lb. of raisins, $\frac{1}{2}$ lb. of candied lemon, 2ozs. almonds, and 2ozs. citron. When all is mixed well together, add a good teaspoonful of carbonate of soda mixed with a little milk, and the juice of 2 lemons. Grate the rind to the cake, and a nutmeg. The lemon juice and soda must be put in last, when effervesing. Put cake into oven as quickly as possible after the lemon juice and soda are in
—Mrs. A. Hudson, Mayoress of Wakefield.

PUDDING PIES.

Boil 1 pint of milk, leave enough to mix 3 tablespoons of ground rice, boil until it thickens, add 1 $\frac{1}{2}$ tablespoonfuls of sugar, remove from fire then add 3 well beaten eggs, stirred in slowly, the juice of one lemon, and vanilla to taste. Have some patty tins lined with short crust pastry, and fill with the above mixture. Bake until pastry is done, then sprinkle the tops with currants and grated nutmeg.—Mrs. J. H. Bradley, Mayoress of Wareham, Dorset.

QUEEN CAKES.

6ozs. Flour, 3ozs. castor sugar, $\frac{1}{4}$ lb. butter, 3ozs. currants, $\frac{1}{2}$ dessertspoonful baking powder, 2 eggs. Beat sugar and butter to a cream, then add eggs and dry ingredients.—Mrs. T. E. Thirtle, Mayoress of Lowestoft.

QUEEN CAKES.

1lb. Flour, 1 teaspoonful of baking powder, 2 teaspoonfuls of ginger, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sultana raisins, 2 eggs, $\frac{1}{2}$ lb. sugar. Mix with as little water as possible.—Miss Francis Groom, Mayoress of Harwich.

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QUEEN CAKES.

$\frac{1}{4}$ lb. of Butter, $\frac{1}{4}$ lb. castor sugar, 6ozs. flour, 3 eggs, 1 teaspoonful of baking powder, pinch of salt, 2 or 3ozs. of sultana raisins or glace cherries, 2ozs. of peel, 1 lemon, if liked a few drops of vanilla. Beat butter and sugar to a cream, next well beat the eggs, and add them gradually and alternately with the flour into which you have sifted the baking powder, then add the peel (chopped) and the grated rind of lemon. Put the mixture in small moulds well greased, bake in a moderate oven about 20 minutes.—Miss Jane W. Ballantine, Mayoress of Londonderry.

RASPBERRY BUNS.

2ozs. Butter, 2ozs. lard, 2ozs. ground rice, 8ozs. flour, 3ozs. sugar, 1 egg, $\frac{1}{2}$ teaspoonful baking powder, a little jam, 2 tablespoonfuls milk. Put the flour, ground rice, butter, lard and baking powder into a bowl, mix together with the fingers until as fine as bread crumbs, add the sugar, egg and milk, divide the mixture into 8 pieces, knead into rounds, make a hollow in the centre of each, moisten the edges with beaten egg, bring the edges together over the top, brush over with beaten egg, place on a greased baking sheet, bake about 20 minutes in a moderate oven. These should crack on the top when baked and show the jam underneath.—Mrs. T. Free, Mayoress of Marlborough.

RICE CAKE.

1 Egg, its weight in butter, ground rice, castor sugar and flour, $\frac{1}{2}$ teaspoonful of baking powder. Beat the butter to a cream, add the round rice, flour and castor sugar. Beat the egg and add to the mixture. Bake about 20 minutes.—Mrs. Captain A. B. Boyd Carpenter, Mayoress of Harrogate.

NELSON'S Delicious Tablet Jellies.

RICE CAKE.

4 Eggs well beaten, $\frac{1}{2}$ lb. powdered loaf sugar, 3ozs. rice flour, 3ozs. common flour. Add the sugar to the eggs, then gradually mix the flour. Bake in a moderate oven about $1\frac{1}{2}$ hours.—Mrs. A. E. Preston, Mayoress of Abingdon.

RICH PLUM CAKE.

1lb. Flour (patent I use), $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. castor sugar, 1lb. butter, 1lb. currants, 1 nutmeg, 4 eggs, $\frac{1}{4}$ lb. lemon peel. Beat butter to a cream, add sugar. Next add the eggs, which should be well beaten, and lastly the dry ingredients (currants and sultanas should be well washed and dried before using, and the lemon peel finely chopped). Mix well and pour into a cake tin lined with greased paper. Put at once into the oven and cook until done. Time usually from 4 to 5 hours.—Miss Ethel M. Ballard, Mayoress of Poole.

SALLY LUNN.

$\frac{3}{4}$ lb. Flour, 2ozs. butter, $\frac{1}{2}$ oz. yeast, 1 egg, $\frac{1}{2}$ teaspoonful salt, $1\frac{1}{2}$ gills of milk, 1 dessertspoonful sugar. Put the butter and milk in a pan and make warm. Add this to yeast and sugar creamed together. Pour into centre of flour, also the egg, previously beaten. Mix the whole perfectly smooth, pour into 4 small well greased tins and put to rise for an hour, and bake $\frac{1}{2}$ hour or until a light brown, in a good oven. Split and butter.—Mrs. R. E. L. Penhale, Mayoress of Great Torrington.

SANDWICH CAKE.

1 Teacupful flour, 1 teacupful sugar, $\frac{1}{2}$ teaspoonful baking powder, 2 eggs. Sift flour and baking powder together and have ready. Beat eggs and sugar for 15 minutes, add dry ingredients and flavouring. Pour into 2 shallow tins. Bake 10 minutes. When cool put jam or whipped cream between two layers. Ice or powder with sugar on top.—Mrs. John Taylor, Wife of Provost Taylor, Clydebank.

SCONES.

$\frac{1}{2}$ lb. Flour, 2ozs. butter, 1 egg, a few currants and sultanas, $\frac{1}{4}$ lb. granulated sugar, 2 teaspoonfuls baking powder, milk, a pinch of salt. Mix the flour, sugar, baking powder and salt, rub in butter, add the fruit and bind together with the egg and milk. Bake in a quick oven about 20 minutes.—Mrs. Wolstenholme, Mayoress of Middleton, Lancashire.

SCONES.

1lb. Flour, 2ozs. butter, 1 teaspoonful soda-bicarbonate, 2 teaspoonfuls cream of tartar, 3 teaspoonfuls sugar, a little milk. If sour milk is used less cream of tartar will be required. Rub the butter into the flour and add the other ingredients, taking care that there are no lumps in the soda, etc., and then mix into a soft dough with the milk. Knead it a little and then roll out till about $\frac{1}{2}$ in. thick. Cut into pieces and bake in a quick oven or on a girdle over a quick fire. These can be eaten either hot or cold.—Mrs. Frederick Sedgwick, Mayoress of Poplar.

SCONES.

1lb. Flour, $\frac{1}{2}$ lb. butter, 1 tablespoonful of baking powder, milk. Mix baking powder with flour, rub in the butter, mix with milk to a light dough, roll lightly. Cut in rounds and bake in a quick oven.—Mrs. Captain A. B. Boyd-Carpenter, Mayoress of Harrogate.

SCONES.

2ozs. of fresh lard, 1lb. of flour, as much carbonate of soda as will lie on a sixpence, and a small pinch of salt. Rub the butter and lard into the flour, throw in the soda and mix into a stiff but light dough, with the milk. Roll out thin and cut into pieces the size of a small plate. Mark into four, but do not cut through. Brush over with a little milk. Bake upon tins or a hot hearth, or set in a good steady oven.—Mrs. Dd. Matthews, Mayoress of Swansea.

SCONES (DELICIOUS).

1lb. Flour, 2ozs. castor sugar, 3ozs. butter or lard, $\frac{1}{2}$ pint of milk, 1 teaspoonful carbonate of soda, 2 teaspoonfuls cream of tartar, 1oz. sultanas, pinch of salt. Well mix dry ingredients, rub in butter, add sultanas, and mix to a soft dough with the milk. Form into four balls and put them on greased tin. Cut the ball through twice and brush over with egg.—H.

SCOTCH SCONES.

1lb. of Flour, 1 teaspoonful of carbonate of soda, $1\frac{1}{2}$ teaspoonfuls of cream of tartar, 2 teaspoonfuls of sugar, pinch of salt, buttermilk. Sift flour, add salt, sugar, soda, and cream of tartar, mix well, stir the buttermilk and make a stiff dough, roll out on a floured board, cut into quarters, and cook on a girdle on the top of the fire. Of course, they can be cut with a cutter into round scones, when they must be rolled thinner.—Mrs. Helen P. Ballantyne, Wife of the Provost of Peebles.

SCOTCH SCONES.

2 Teaspoonfuls of flour, 1 teaspoonful of sugar, $\frac{1}{2}$ saltspoon of salt, $\frac{1}{2}$ teaspoon carbonate of soda, 1 egg. Mix together dry ingredients, beat up egg, add a little milk, and mix the whole into fairly stiff batter. Fry in thick frying pan with a little butter, or pour on hot girdle in tablespoonful and turn once. Serve hot, well buttered.—Mrs. Alfred Baker, Mayoress of Tewkesbury.

SEED CAKE.

3 Teacupfuls of flour, 1 teacupful of butter, $\frac{3}{4}$ teacupful of milk, $1\frac{3}{4}$ teacupfuls of sugar, 4 eggs, 1 pinch of salt, $1\frac{1}{2}$ teaspoonfuls of caraway seeds, 2 teaspoonfuls of baking powder. Cream butter and sugar. Mix flour, baking powder and salt together and put through hair sieve. Add caraway seeds. Beat eggs for 20 minutes, then mix well with butter and sugar, adding milk, slightly warmed. Beat this mixture well for a few minutes, lastly pour flour mixed with caraway seeds into mixture and beat till quite smooth. Pour into paper-lined tins and bake in moderate oven until ready. Oven ought not to be open for an hour or three-quarters.—Mrs. J. N. Finlayson, Fraserburgh.

Specialities of St. Ivel, Limited.

"ST. IVEL" LACTIC CHEESE.

Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol.

SEED CAKE.

The weight of two eggs in butter, sugar and flour, a few carraway seeds. Cream the butter and sugar, then add flour and egg alternately, add seeds last and bake in a moderate oven.—Miss Thompson, Mayoress of Huddersfield.

SHORT BREAD.

$\frac{1}{2}$ lb. of Butter, $\frac{1}{2}$ lb. of flour of rice, $\frac{1}{2}$ lb. of flour, 6ozs. of soft sugar, pinch of salt. Put sugar and butter into a basin and knead until soft. Mix dry ingredients together and put through sieve. Then add sugar and butter, and work all well together into a smooth dough. Turn out on baking board, and roll till about $\frac{1}{2}$ in. thick. Cut into small fingers and ornament little on top. Paper a tin, and place cakes slightly apart. Bake in moderate oven for 20 minutes.—Mrs. J. N. Finlayson, Fraserburgh.

SHORT BREAD.

12ozs. Flour, $\frac{1}{2}$ lb. butter, 4ozs. castor sugar, 3ozs. rice flour. Sift sugar and rice flour on to a baking board, also flour, separately. Knead the sugar and rice flour into the butter, then gradually knead in the flour till board is quite clean. Roll out into a round cake, pinch the edges, and prick on top with a fork, then place on a baking tin and bake in a moderate oven for 20 minutes, or till it becomes a pale brown colour. Leave on tin for a few minutes to harden.—Mrs. J. M. Bathgate, Mayoress of Wimbledon.

"ST. IVEL" Royal Yoevil Sausages.

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SHORT BREAD.

1lb. Flour, 10ozs. butter and lard, 4ozs. sugar. Beat butter to a cream, add sugar and flour, bake in moderate oven.—Mrs. Wm. Frost, Mayoress of Macclesfield.

SHORTBREAD (SCOTCH).

1lb. Flour, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. castor sugar. Put the flour and sugar on baking board. Take butter in hands and knead the flour and sugar into it. Form into cakes and bake in moderate oven till delicate brown.—Mrs. Frederick Sedgwick, Mayoress of Poplar.

SHORT BREAD (SCOTCH).

14ozs. Flour, 2ozs. rice flour, 2ozs. castor sugar, 8ozs. butter. Beat butter and sugar to a cream, add flour gradually through a sieve, beating well, turn out on flat baking tin, buttered. Spread mixture evenly over tin, prick with fork, and finish edges in usual way. Bake in moderate oven till slightly brown, when ready sprinkle with castor sugar.—M. F. McVicar, Wife of the Provost of Inveraray.

SHORT BREAD.

$\frac{3}{4}$ lb. Flour, 6ozs. butter, 6ozs. castor sugar, 1 yolk of egg, vanilla flavouring, salt. Warm the butter in the oven with one tablespoon of hot water till soft enough to stir to cream. Mix the flour, salt and sugar together, then add butter and vanilla and yolk of egg with a knife, and knead lightly into cake on a board. Cut into shape and bake in moderate oven till light brown. Sift castor sugar over when brought from the oven, and remove to wire frame or warm dish.—Mrs. S. L. Hawkins, Mayoress of Wallingford.

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CHERRY CAKE.

1lb. Flour, $\frac{3}{4}$ lb. sifted sugar, 4 eggs, 2 teaspoonfuls baking powder, the grated rind of a fresh lemon, $\frac{1}{2}$ lb. dried cherries cut in quarters, 1 teacupful of milk. Cream butter and sugar, add the eggs, beat all well, add part of flour, then lemon, rest of flour, in which the baking powder has been mixed, stir in the cherries and bake in buttered tin two hours in a moderate oven.—Mrs. Alfred Geach, Mayoress of Penryn.

SNOW CAKE.

$\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ lb. sugar (6ozs. white sugar is enough). Beat well in a warm basin till it froths, then add 2 beaten eggs and 1 teaspoonful of baking powder and a few drops of essence of lemon or almond, also 1lb. potato flour. Beat well together, put in a square dripping tin, well buttered. Bake 20 minutes in a quick oven. When baked cut in squares the desired size, and let stand till cold.—Miss Frances Groom, Mayoress of Harwich.

SODA CAKE.

1lb. Flour, $\frac{1}{4}$ lb. butter, $\frac{1}{2}$ pint milk, $\frac{1}{4}$ lb. sugar, 3 eggs, lemon peel or sultanas, 1 teaspoonful of carbonate of soda. Rub the butter in the flour, add the sugar, beat up the egg, add also the milk with carbonate of soda dissolved in it. This must be mixed quickly after milk and soda are added and put in the oven at once. A cake tin lined with buttered paper should be ready before the cake is mixed. Add peel or fruit last. An hour and a quarter to bake.—Mrs. Samuel Shaw, Mayoress of Ilkeston.

NELSON'S Liquorice Lozenges.

SODA CAKE.

1lb. Flour, 6ozs. of castor sugar, 6ozs. butter, 6ozs. currants, a small teaspoonful of carbonate of soda. Rub all well together, then add 3 eggs with $\frac{1}{2}$ pint of warm milk. Beat it well till it is well mixed. Bake in a moderate oven.—Mrs. W. V. Moore, Mayoress of Wilton.

SODA SCONES.

1lb. Flour, 1 teaspoonful butter, 1 small teaspoonful salt, 1 heaped teaspoonful carbonate of soda and cream of tartar (mixed). If preferred sugar may be used instead of salt. Mix the flour, salt, soda and cream of tartar well together, rub in butter, mix with knife to a medium dough with buttermilk. Roll out quickly and bake on hot girdle.—Mrs. R. E. Highton, Mayoress of Workington.

SPONGE CAKE.

5 eggs, the weight of 5 eggs in castor sugar and 3 of flour. Whisk eggs and sugar for 15 minutes, then gradually add the flour. Bake in slow oven until set. This makes two very nice cakes.—Mrs. Ernest Edwards, Mayoress of East Ham.

SPONGE CAKE.

Whisk the whites of 3 eggs stiffly (do this in a cool place). Beat the yolks and stir in with the whites. Stir in 3ozs. of castor sugar and then the same quantity of the best self-raising flour. Stir very lightly and bake in a quick oven. The cake should not be allowed to fall after it has one risen, and the oven door should not be opened the first 10 minutes.—Mrs. J. T. Wightman, Mayoress of Doncaster.

SPONGE BUNS.

Beat the whites of 4 eggs till very stiff, then add slowly $\frac{1}{2}$ lb. of fine sugar, and lastly, very slowly $\frac{1}{4}$ lb. fine flour. Drop on a greased baking sheet, or in fancy tins and bake 15 minutes.—Mrs. Thos. Perrin, Mayoress of Hyde, Cheshire.

SPONGE PARKIN.

1lb. Flour, $\frac{1}{2}$ lb. granulated sugar, 2 teaspoonfuls baking powder, 2 teaspoonfuls ground ginger, $\frac{1}{4}$ lb. butter, 1 breakfastcupful treacle, 1 breakfastcupful milk. Mix dry ingredients, melt butter and treacle, then mix well altogether. Put into small tins and bake in moderate oven for 40 minutes.—Mrs. H. M. Walker, Mayoress of Barnsley.

SPICED BREAD.

2lbs. Flour, 1lb. sugar, 1lb. currants, 1lb. raisins, candied peel, salt, 6ozs. lard or butter, 2 eggs, 1 pint of milk, and bake in two small bread tins.—Lady Fraser, Mayoress of Nottingham.

SPICE CAKE.

Mix together 1lb. flour, 1 teaspoonful each of soda, cream of tartar and cinnamon, 2 teaspoonfuls mixed spice, 2 tablespoonfuls sugar. Rub in $\frac{1}{2}$ lb. butter, add $\frac{1}{2}$ lb. preserved ginger cut small, beat 2 eggs, add 2 tablespoonfuls syrup, and enough buttermilk to make a soft dough. Pour into greased tin and bake 1 hour or till ready.—Lanark.

SWISS CAKE.

5ozs. of Flour, 2ozs. of butter, 4ozs. of sugar, 1 egg, 1 teaspoonful of baking powder, 2 tablespoonfuls of milk. Enough for two cakes. Cut in two and spread with raspberry jam.—Miss Lydia Wilkin, Mayoress of Grimsby.

SWISS ROLL.

2 Eggs, their weight in sugar and flour, 2 tablespoonfuls of milk, $1\frac{1}{2}$ ozs. of butter, 1 teaspoonful of baking powder. Cream the butter and sugar, add half the flour, and 1 egg, well beaten, then add the remainder of the flour and the other egg. Mix well together, then add the milk, and lastly the baking powder. Grease a paper, put it on a baking tin, and spread the mixture on it. Bake about 10 minutes, then spread with jam or marmalade, roll up carefully and sift castor sugar over it. This does equally well in two round sandwich tins and jam spread between.—Mrs. Wm. Small, Mayoress of Chippenham.

SWISS ROLL.

Beat up the yolks of two eggs with $2\frac{1}{2}$ ozs. of white sugar, add whites of eggs, well whisked, with pinch of salt, dredge in 2 ozs. of flour, previously mixed with 2 teaspoonfuls of baking powder, pour in well-buttered tin, bake in very quick oven about 10 minutes. Sprinkle a board with sifted sugar, turn out, spread on jam and roll quickly.—Mrs. J. W. Woodhall, Mayoress of Ramsgate.

TEA CAKE.

1lb. Flour, $\frac{1}{4}$ lb. butter, 2 ozs. sugar, 2 teaspoonfuls baking powder, 2 eggs and a little milk. Rub butter into flour, add sugar and powder, beat up eggs, add them, leave a little to brush the cakes with, add milk if necessary, and make a nice soft dough. Roll out and cut into rounds. They should be $\frac{1}{2}$ in. thick, when rolled lay cakes on a greased tin, brush them with egg and sprinkle over with sugar. Bake quickly and serve them hot and buttered.—Mrs. M. J. Cunningham, Wife of the Provost of Culross, N.B.

VICTORIA SPONGE.

Mix 2 eggs, 3 tablespoonfuls castor sugar, 2 teaspoonfuls baking powder, 3 tablespoonfuls flour, butter size of a walnut (melted). Mix well together, bake in two separate tins, well buttered, in a moderate oven 15 minutes. When cold spread with jam and fold together.—Mrs. Weston Miller, Mayoress of Wisbech.

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"ST. IVEL"

FAMOUS VEAL and HAM PIES.

TRICOLOUR LAYER CAKE.

2 eggs, $\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. butter, $1\frac{1}{4}$ lbs. flour, 2 level teaspoons baking powder, flavouring essence, 1 cup of milk. Beat butter and sugar to a cream, add eggs, well beaten, then add flour, powder, and mix well, add milk. Then divide into three parts, flavour one part with essence of lemon and leave white. Colour second part pink with cochineal, and flavour with strawberry essence. Colour third part brown with spices. Bake in three shallow tins of same size, and fasten together with nicely flavoured icing when cold. Ice and decorate the top.—Mrs. D. Skinner, Wife of the Provost of Oban.

WELSH LIGHT CAKES.

Mix to a smooth batter with some buttermilk about 1lb. of flour, a lump of sugar, and brown sugar and ginger. Into this batter mix an egg and very little bicarbonate or soda dissolved in boiling water. Drop a tablespoonful of this mixture on a frying pan rubbed with butter. Serve hot.—Lady Roberts, Mayoress of Carnarvon.

YORKSHIRE PARKIN.

6lbs. Treacle, 5lbs. oatmeal (fine), 1lb. flour, 1lb. sugar, $1\frac{1}{2}$ lbs. butter, ground ginger to taste, 1 teaspoonful of carbonate of soda, 1 teacupful of beer, $\frac{1}{2}$ oz. German yeast. Rub the ginger and soda into the meal, then rub the butter well in. Mix the yeast with the beer, then stir in the treacle (warmed) until all is thoroughly mixed. It should be mixed the day before baking, and should be baked in a slow oven. Well grease a dripping tin and spread in an inch thick, or rather more. It will rise a little and requires much watching during baking, it so soon burns. It takes rather long to bake on account of the cool oven. Test it with a skewer, which comes out clean when baked enough. When cold, store in tins. It will keep good for months.—Mrs. Sam Rhodes, Mayoress of Morley.

"ST. IVEL" LACTIC CHEESE.

Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol.

CHILDREN'S AILMENTS, SYMPTOMS AND FIRST-AID HINTS.

BLEEDING FROM THE NOSE.

Apply cold water to back of neck and to forehead and a piece of ice. Raise the arms as high as possible above the head for a few minutes, but the head must not hang down.

BURNS AND SCALDS.

Very carefully remove or cut off clothing. Do not break any blisters. Cover at once with olive oil or flour and lime water in equal quantities, and carefully wrap in cotton wool to keep out the air.

CHOKING.

Hold up and fix the person's head under your left arm, open the mouth with a spoon handle, and with first two fingers of your hand try to hook up the body. If you cannot, try and push it out of the way of the breathing passage.

CONVULSIONS.

First loosen the clothes, then sprinkle cold water on the head and face, and place the child in a warm bath. This must be done without delay and send for a doctor.

CROUP.

First send for a doctor, then apply sponges or flannel wrung out of hot water to the throat, and put the child in a hot bath. Give a teaspoonful of Ipecacuanna wine to induce vomiting. The room should be kept warm and moist by means of a steam kettle.

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FAINTS.

Lay the patient flat and allow plenty of fresh air, apply smelling salts to nostrils. Another plan is to press down the patient's head below the knees and keep it there for a few minutes.

MEASLES.

Symptoms—Headache, cough, fever, running at the eyes and nose, loss of appetite, rash appears usually on the fourth day first upon the forehead, neck and then chest, gradually spreading until finally the entire body may be covered with it. The child should be kept in bed on milk or very light diet, chills avoided.

MUMPS.

Inflammation of the salvary glands, chill, headache, some rise of temperature. Patient should be isolated, kept quiet, and warm fomentations may be applied to relieve the pain.

SCARLET FEVER

begins abruptly. Slight indisposition that may be taken for an ordinary cold for a day, then temperature rises, also pulse. The rash generally appears on the second day, neck and chest first, and may extend over the back and finally over the whole body. There may be vomiting, sore throat, furred tongue. Peeling commences about the sixth day. The patient must be isolated and kept quiet in bed, even in the mildest forms.

STINGS

of Insects, Bees, Wasps. Apply a drop or two of strong ammonia to the bite, or moist soap if ammonia is not at hand.

NELSON'S Bottled Jellies (Concentrated)

SUBSTANCE IN THE EYE.

Keep the eyelid closed as long as possible, but do not rub the eye. Bathe the eye well with warm water and if the substance be mortar or lime, vinegar and water afterwards with a fine camel brush. Put a little castor oil between the lids.

TEMPERATURE AND HOW TO TAKE IT.

With children a high temperature is not necessarily so serious as the same would be in an adult. To take temperature a clinical thermometer is used. In taking the temperature, the armpit should be wiped dry from perspiration and the bulb of the thermometer placed in the hollow next to the skin, and not touching any article of clothing. The arm is then drawn over the chest and held closely to the side for at least 5 minutes, then the temperature may be read off, and the mercury brought down again by shaking the thermometer with a sharp wrist movement. The temperature of the body in health is $98\frac{1}{2}$ °, marked on the thermometer with an arrow.

WHOOPING COUGH

begins just like an ordinary cold. There is some fever, wheezing and cough, the cough becoming worse and ending with a "whoop," which sometimes causes sickness. The child should be kept in bed while the fever lasts, and nourishing food should be given.

ICE

may be kept for a long time, even in hot weather, by wrapping it up in a blanket

MEDICINE GLASS.

A proper medicine glass should be used when giving medicine, as the sizes of tablespoons and teaspoons vary very much.

CHUTNEYS.

APPLE CHUTNEY.

3lbs. Apples, 3 pints vinegar, $\frac{1}{2}$ lb. demerara sugar, 4ozs. sultanas, $\frac{1}{2}$ lb. onions, 1 dessertspoonful salt, $\frac{1}{2}$ teaspoonful cayenne, 1 teaspoonful ground ginger. Peel and cut up apples and boil gently in vinegar until soft, mince sultanas, onions, add all the ingredients, and simmer for 2 hours.—Mrs. Ernest Edwards, Mayoress of East Ham.

APPLE CHUTNEY.

6lbs. Apples, 3ozs. salt, 1oz. ground ginger, 3 large onions, $\frac{1}{8}$ oz. cayenne pepper, small teaspoon of white pepper, 1lb. raisins (stoned), $\frac{3}{4}$ lb. of moist sugar, 1 quart of vinegar, 2 tablespoons of mustard. Take a pint of vinegar and stew the apples in. When ready put in the other ingredients. The onions and raisins should be chopped fine, and the mustard mixed with the other pint of vinegar. Stir well and put in stone jar, in medium hot oven for 4 or 5 hours, until a nice brown colour. Tie down tight when ready.—Mrs. W. H. Huddy, Mayoress of Liskeard, Cornwall.

BENGAL CHUTNEY.

18 Apples of different kinds, peeled and cored, baked in an earthen jar very slowly, with a tablespoonful of cold water previously added. When soft bruise them to a soft pulp, and when cold blend them with the following ingredients:—1lb. brown sugar, $\frac{1}{2}$ lb. ground ginger, $\frac{1}{4}$ oz. cayenne pepper, 1lb. raisins (stoned and chopped), $\frac{1}{2}$ lb. salt, $\frac{1}{4}$ lb. mustard seeds (smashed and dried), 2ozs. eschalots (chopped fine), 3 pints of vinegar. When thoroughly mixed put the mixture into a wide-mouthed jar or bottle, and tie a moist bladder over the cork. Apples and raisins to be run through a sausage machine.—Mrs. W. E. R. Randall, Mayoress of Chatham.

BENGAL CHUTNEY.

8lbs. Apples, 3 pints of best vinegar, 2lbs. raisins, 3lbs. Barbadoes sugar, 4ozs. mustard, $\frac{1}{4}$ lb. ground ginger, 1lb. onions, 6ozs. salt, $\frac{1}{4}$ oz. cayenne pepper. Mince apples, onions and raisins, put in vinegar and boil until soft, then put in remainder for $\frac{1}{4}$ hour longer, then when done put in bottles and tie down when cold.—Mrs. H. J. Spiller, Mayoress of Taunton.

CHUTNEY.

Four large onions, 2lbs. rhubarb, 3 tablespoonfuls salt, 1oz. mustard seed, $\frac{1}{2}$ lb. of sugar, $\frac{1}{4}$ lb. sultanas, $\frac{1}{4}$ oz. cayenne pepper, $\frac{1}{2}$ oz. curry powder, $\frac{1}{2}$ pint vinegar. Cook rhubarb till tender, mince onions fine and mix all together. Stand for 12 hours, put in pots and tie down.—Mrs. William Thorne, Mayoress of Tiverton.

CHUTNEY.

4lbs. Victoria plums (stoned), $\frac{1}{2}$ lb. crystallised ginger (sliced thinly), $\frac{1}{2}$ lb. raisins (washed and stoned), $\frac{1}{2}$ lb. sultanas (washed and picked), 2lbs. demerara sugar, $\frac{1}{4}$ lb. garlic (sliced), $2\frac{1}{2}$ tablespoonfuls salt, 1 dessertspoonful cayenne, $1\frac{1}{2}$ pints of vinegar. Make a syrup of the vinegar, sugar and salt, strain through a muslin cloth, and put in a preserving pan, keeping $\frac{1}{2}$ teacupful of syrup back. Add the plums and garlic to the syrup and boil from 20 to 30 minutes, then add the dried fruit and cayenne, the latter to be mixed with the $\frac{1}{2}$ teacupful of syrup lastly. Simmer all gently for 2 hours, keeping it well stirred with a wooden spoon.—Mrs. C. Watson, Mayoress of Sandwich.

CHUTNEY.

2lbs. Apples, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. tamarinds, $1\frac{1}{2}$ ozs. salt, 1 pint of vinegar, $\frac{1}{4}$ oz. cayenne pepper, 1lb. moist sugar, $1\frac{1}{2}$ ozs. garlic, 1oz. powdered ginger, 2ozs. mustard seed. Boil the apples (after paring and coring) in half the vinegar, then let them cool. Dissolve sugar and salt in the remainder of the vinegar. Crush the tamarinds, add a little of this solution and strain. The sultanas and garlic must be finely chopped and added, and the apples after they are cool. Mix the ginger and cayenne with a little of the tamarind liquor. Mix all the ingredients and simmer gently for 1 hour. Bottle when cold.—Mrs. Debenham, Mayoress of St. Marylebone.

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“ST. IVEL” LACTIC CHEESE.

Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol.

CHUTNEY.

1lb. Tomatoes, 1lb. apples, 1lb. raisins, $\frac{1}{2}$ lb. sugar (moist), $\frac{1}{2}$ oz. ground ginger, $\frac{1}{2}$ oz. garlic, 2 lemons (rind and juice), $\frac{1}{2}$ oz. salt, 1 pint of vinegar, cayenne to taste. Prepare all ingredients, then chop all very finely or put through mincing machine. Add vinegar, thoroughly cook in a preserving pan.
—Mrs. C. E. Fox, Mayoress of Bethnal Green.

CHUTNEY.

16 Apples and 1 quart of vinegar, 1lb. demerara sugar, 2ozs. ground ginger, 2ozs. shallots (chopped small), $\frac{1}{4}$ oz. cayenne pepper, 2ozs. mustard, 1lb. raisins (stoned and chopped fine), and a little salt, 2lbs. tomatoes (chopped fine). Boil apples in vinegar to a pulp and when cold add the other ingredients. Mix mustard with a little cold vinegar. If this is too much to make at one time half the quantities will suffice. If you do not like it hot put less cayenne, as the $\frac{1}{4}$ lb. makes it very much so.—Mrs. Wm. Bridge, Mayoress of Bury, Lancs.

CHUTNEY.

3doz. Apples, $1\frac{1}{2}$ lbs. sugar, $\frac{1}{2}$ lb. salt, $\frac{1}{4}$ lb. garlic, $\frac{1}{4}$ lb. onions, $\frac{1}{2}$ lb. ground ginger, $\frac{3}{4}$ lb. mustard seed, $\frac{3}{4}$ lb. stoned raisins, 2 bottles vinegar, cayenne pepper to suit taste. Pare and slice your apples, then boil in a bottle and half of vinegar, and when cold add the rest of the ingredients, the mustard seed to be washed in vinegar. The whole to be well stirred together with the remaining half bottle of vinegar and kept well covered from the air. Be sure and chop the onions and garlic very finely.—Mrs. Miller, Wife of Provost Miller of Rothesay.

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CHUTNEY.

Two quarts of apples well chopped, 1lb. onions well chopped, $\frac{1}{2}$ lb. mustard, 1oz. white pepper, 1lb. sultana raisins, $\frac{1}{2}$ lb. moist sugar, $\frac{1}{2}$ lb. salt, $\frac{1}{2}$ oz. cayenne pepper, 1 quart vinegar. The apples to be very finely chopped and boiled in one pint of the vinegar, the mustard to be mixed with the other pint of vinegar, cold water the other ingredients; only the apples to be boiled soft, and when cold, mix all together.—Mrs. T. F. Butler, Mayoress of Barrow-in-Furness.

GREEN TOMATO CHUTNEY.

8lbs. Tomatoes (green) and 3lbs. brown sugar. Boil together 1 hour; then add 2 quarts of vinegar, 2ozs. garlic, 3ozs. ground rice, 1lb. raisins, 1lb. sultanas, $\frac{1}{2}$ oz. cayenne, 1oz. ground ginger, 4ozs. salt, 8 shallots. Boil all together half an hour.—Mrs. E. Bance, Mayoress of Southampton.

TOMATO CHUTNEY.

1lb. Tomatoes, 1lb. apples, 1lb. onions, $\frac{1}{2}$ lb. coarse brown sugar, cayenne, black pepper and salt to taste. Cut tomatoes, apples and onions up small, lay in a dish with salt for twelve hours, then strain through a colander if required. Boil for two hours in one pint of vinegar. The vinegar should boil before adding any of the ingredients.—Mrs. Alfred Camp, Mayoress of Newbury.

CREAMS, JELLIES AND SWEETS.**HINTS.**

All moulds for jellies and cold puddings should be scalded and then rinsed with cold water. They will turn out better if this is done.

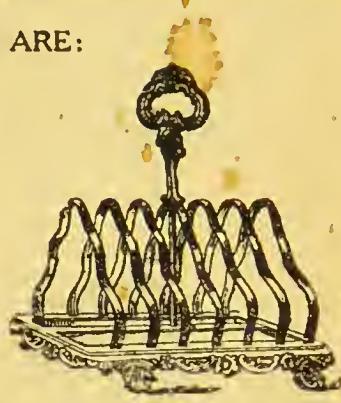
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ABBOT'S DELIGHT.

½oz. Gelatine, 1 pint milk, yolks of 2 eggs. Put milk and gelatine in pan, bring nearly to boiling point, add yolks of eggs well beaten, let remain a little while, stir occasionally to prevent eggs rising to top. Strain into mould. Serve with sauce.—Mrs. A. Gutteridge, Mayoress of Dunstable.

Sauce for above.

3oz. lump Sugar, rind of 1½ lemons and juice of 1½ lemons. Pare or grind the rind and let it stand on stove till sugar is quite dissolved, and then add juice. Press round mould, and serve cold.—Mrs. A. Gutteridge, Mayoress of Dunstable.

ALEXANDRA CREAM.

1oz. Gelatine, 3 sponge cakes, 1 quart of milk, a few eatafia biscuits, 2 eggs, a little jam and sugar and any flavour you like. Soak 1oz. gelatine in ½ pint of milk over night, then put 1½ pints of milk on to boil, beat the eggs in basin, pour half the milk on the eggs and the other half on the gelatine that has been put to soak. Boil the gelatine for five minutes, then pour in the basin with the eggs in. Then cut the sponge cakes in slices, line the mould with them, then put a little jam in the middle and cover the top with the cakes and biscuits, then pour the contents of the basin into the mould and set to cool.—Miss Bennett, Mayoress of Buckingham.

ALMAC.

1½lbs. Plums, 1½lbs. apples, 1½lbs. pears, 4½lbs. lump sugar. Half plums, crack kernels, blanch them and boil with the plums until cooked. Pare and core apples and cook until soft, treat pears in same way. When all are cooked put all together, add sugar, and boil until mixture jellies.—Mrs. John Cornish, Mayoress of Okehampton.

NELSON'S Custard Powder.

ALMOND AND PRUNE MOULD.

Stew 1lb. prunes with a little lemon peel, and just enough water to cover. After one hour's cooking turn all on to a board, remove the stones, chop up the prunes and set in a clean pan with 3ozs. of chopped sultanas. Simmer for a while, then add $\frac{1}{2}$ oz. of gelatine (soaked), 4ozs. loaf sugar, and stir till gelatine has dissolved. Add 1 tumbler of claret, 2ozs. of chopped almonds. Pour into a wetted mould. Very good with a little whipped cream.—Mrs. Edwin Mellor, Mayoress of Nottingham, 1911 and 1912.

APPLE CUSTARD.

1 Apple, 1 egg (the yolk), 1 gill of milk, 1 teaspoonful of sugar. Wipe and prick the apple and bake in a rather cool oven to prevent the apple bursting. Prepare custard in the usual way. Take a small pie-dish and lay in it the baked apple. After removing the skin and core sweeten the apple and strain the custard over it and bake in a cool oven till set. Beat the white of egg to a stiff froth, add a little sugar to it and spread over the custard. Return to the oven to colour slightly.—Mrs. Gregor, Wife of Provost Gregor of Cullen.

APPLE SNOW.

Put 2lbs. of apples into an enamelled saucepan with one or two tablespoonfuls of water, 6 cloves and a bit of lemon rind, boil to a pulp. Dissolve $\frac{1}{2}$ oz. of gelatine in $\frac{1}{2}$ teacupful of cold water, and when the apple is ready add the gelatine and beat to a smooth pulp, sweeten with powdered sugar, then set to cool. Whip the whites of 4 eggs to a stiff froth, whisk the apples, then lightly stir in the whites of eggs. Whisk the whole until it begins to set, then pile it in heaps in a glass dish.—Mrs. J. Norton, Mayoress of Shaftesbury.

BANANA CREAM.

Beat some ripe bananas to a pulp, adding a little maraschino and sugar. Half fill the custard glasses with the mixture, and fill up with whipped cream. Time, five minutes.—Mrs. Muir Mackean, Wife of Provost Muir Mackean, Paisley.

BALDUR CREAM.

Boil half teacup of tapioca in one pint of milk until well cooked, make $\frac{1}{2}$ pint of boiled custard, and when both are cold mix well together with castor sugar to taste, and a tea-spoonful of vanilla essence, put in a glass dish with bottled apricots or pineapple chunks on top, whip $\frac{1}{2}$ pint of cream and place in heaps on fruit, and garnish with glace cherries cut in half. This makes a very nice and pretty supper dish.
—Mrs. W. B. Reeve, Mayoress of Margate.

BANANA JELLY.

Cut in slices one large or two small bananas, pour over a quart of lemon jelly, set till cold.—Mrs. F. W. Avant, Mayoress of St. Pancras.

BANANA TRIFLE.

Six bananas, $1\frac{1}{2}$ tablespoonfuls of strawberry jam, 2 tablespoonfuls of sherry (may be omitted), $\frac{1}{2}$ pint of cream. Skin bananas, cut them lengthways each in three slices, spread them with strawberry jam and put in glass dish, jam downwards. Pour over all two tablespoonfuls of sherry, and just before serving cover with cream, plain or whipped.—Mrs Thos. Jenkins, Mayoress of Burton-on-Trent.

CHOCOLATE SHAPE.

Make a shape as for cornflour, add two teaspoonfuls of cocoa. Flavour with vanilla, add egg, or not, as preferred.—Mrs. R. E. Highton, Mayoress of Workington.

CHOCOLATE CREAM.

Boil $\frac{1}{2}$ lb. chocolate in a little water till it thickens and add 2 (two) tablespoonfuls of castor sugar, and let it get cold. Beat to a froth very firm the whites of four eggs and mix the whole together.—Mrs. S. F. Underhill, Mayoress of Oxford.

GATEAU OF PRUNES.

Put 2lbs. of prunes, with enough water to cover them, into a saucepan, and let them simmer for two hours, then take out all the stones. Soak 1oz. of gelatine in cold water for two hours. Add the gelatine and 6ozs. of lump sugar to the prunes, and simmer them together until the gelatine and sugar are dissolved. Then add one wineglass of sherry and one teaspoon of essence of vanilla, and put into a mould until the following day. Turn out and ornament with 1oz. of blanched almonds, cut lengthways in quarters, stuck into the shape, and serve with thick whipped cream around it.—Mrs. Beresford, Mayoress of Oswestry.

COMPOTE OF FRUIT.

1lb. of Fruit, 5ozs. lump sugar, $\frac{1}{4}$ pint water. Boil the sugar and water gently together for ten minutes, then add the fruit and boil slowly until tender. Very green gooseberries need double the quantity of water. If apples are used they should be peeled and cored and cut into quarters.—Mrs. S. H. Dening, Mayoress of Chard, Somerset.

CREME A-LA-MODE.

Grate the rind and squeeze the juice of a large lemon, put on ounce of isinglass in $\frac{1}{2}$ pint of water, put the rind in when nearly dissolved to get the flavour, when boiled strain it upon $\frac{1}{2}$ lb. of loaf sugar, two glasses of white wine to the juice of the lemons, stir it well, and when cold add $1\frac{1}{2}$ pints of cream, put into a mould when nearly set.—Mrs. S. W. Hook, Mayoress of Honiton.

CREME A-LA-BARUM.

1oz. Gelatine, $\frac{1}{2}$ lb. lump sugar, 2 lemons (large), $1\frac{1}{2}$ pints raw milk, $1\frac{1}{2}$ wineglasses of sherry. Pour $\frac{1}{2}$ pint of boiling water on the gelatine, add the rind of the lemons and the sugar, put into a saucepan and boil 10 minutes, stirring all the time. Strain and then add (firstly) juice of lemons, then wine and lastly milk, gradually. Stir until cold and put into glass or china mould. The above creme has a slightly curdled appearance, but is quite alright to appear so.—Mrs. J. T. White, Mayoress of Barnstaple.

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“ST. IVEL” LACTIC CHEESE.

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A DELIGHTFUL JELLY.

Take 6lbs. ripe blackberries, place into a preserving pan, pour on 3 pints of water, bring to boil and let them simmer half an hour, pour into a hair sieve and let them drain until next day. Mix with them the juice of 2lbs. of apples, stewed with sufficient water to cover them until quite soft, then rub the pulp through a sieve, measure the liquid and add 1lb. lump sugar to 1 pint, simmer altogether about half an hour.
—Mrs. C. E. Crawley, Mayoress of Peterborough.

FRUIT CREAMS.

The following is a simple way in which strawberry, raspberry, apricot, peach, or other fruit creams are made. To a pint of thick cream add nearly 6ozs. of sifted sugar, a good teaspoonful of finely-powdered gum arabic, and a tumblerful of fruit pulp that has been put through a sieve. Whip the whole to a firm froth, then stand in ice.—Mrs. J. Moffat, Wife of Provost Moffat of Forfar.

FRUIT TRIFLE.

Slice a few bananas and lay at the bottom of a glass dish. Pour 1 pint of wine jelly over them, let set, then add some apricots, pineapple, prunes, or any fruit. Cover with cream or custard.—Mrs. E. G. H. Berryman, Mayoress of Deptford.

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FRUIT SALAD.

One layer of oranges and sifted sugar, one layer of bananas, one layer of peaches, one layer of pineapple, one layer of grapes, juice of pine apple. Put over them whipped double cream on top.—Mrs. Robert Husband, Wife of Provost Husband of Dunfermline.

FRUIT SHAPE.

One quart of new milk or cream, 12 lumps of sugar, 1oz. of Angelica, 1oz. of gelatine, 1oz. of cherries, yolks of 3 eggs. Soak gelatine in 1 pint of milk for two hours. Boil remainder of milk, adding the sugar. Then, when boiling, throw in gelatine and stir gently until it again comes to the boil. When the mixture has cooled sufficiently not to curdle eggs, mix in the well-beaten yolks (only). Then the fruit, which has before been chopped in small pieces. Throw all into a mould, which has previously been rinsed with cold water, and allow to stand for a night.—Mrs. Wm. A. Bawden, Mayoress of Bodmin.

FRUIT SPONGE.

Stew any juicy fruit in season, with sugar to thoroughly sweeten it. When boiling and perfectly tender pour part of it into a mould, previously lined with sponge cakes cut into fingers, put fruit and sponge cakes in alternate layers until the mould is full, then leave it until the next day, when it will turn out perfectly. A custard powder poured over the sponge is an improvement.—Mrs. Woodhouse, Mayoress of Ludlow.

CATEAU A LA TROUVILLE.

Make a sponge cake with 2 eggs, 3ozs. of castor sugar, 2ozs. of sifted flour and a pinch of baking powder. Separate the yolks and whites of the eggs, beat the yolks and sugar until quite thick, whip the whites to a stiff froth and mix with the batter alternately with a spoonful of flour, and add the powder very lightly. Bake in a moderate oven, when cool

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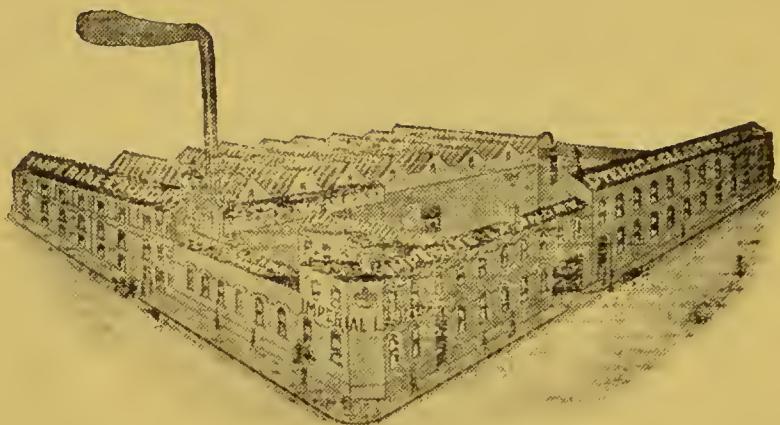
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scoop out the centre and fill it up with stiffly whipped vanilla cream, and pour the following sauce over.—Mrs. C. A. Head, Mayoress of Thornaby-on-Tees.

Caramel Sauce for above.

Put into a saucepan 2ozs. of lump sugar and dissolve until a nice golden colour, pour $\frac{1}{2}$ pint of cream on to this and stir until it is quite smooth, and when it is quite cold pour over the gateau.—Mrs. C. A. Head, Mayoress of Thornaby-on-Tees.

GOOSEBERRY FOOL.

Stew the gooseberries in a jar with a sprinkling of water to moisten the sugar. Rub through a sieve, and when cold mix with cold custard. Serve in glass dish.—Mrs. J. Skinner, Wife of Provost J. Skinner of Inverurie.

GOOSEBERRY TRIFLE.

Cut up some sponge cakes in dish, pour over some hot gooseberry pulp. Pour gently over this a layer of boiled custard. When cold arrange on top little heaps of white of eggs beaten to a froth.—Mrs. J. Skinner, Wife of Provost J. Skinner of Inverurie.

HONEYCOMB SPONGE.

2 Breakfastcupfuls of milk, 1 small teacup of sugar, half a 6d. packet of Cox's gelatine, 2 eggs. Soak gelatine in milk for an hour, put these in a pan of milk and sugar, when melted add yolks of eggs (well beaten), bring to boil, take pan off the fire and add the whites (beaten stiff), add lemon or vanilla flavouring, pour into mould, and fill up the mould as it sinks.—Mrs. Robert Husband, Wife of Provost Husband of Dunfermline.

NELSON'S Fruit Puddings.

HONEYCOMB SHAPE.

Put into a saucepan $1\frac{1}{2}$ breakfastcupfuls of sweet milk, 1 teacupful of loaf sugar, three-quarters of a sixpenny packet of gelatine. Separate the yolks and whites of 4 eggs. When the milk is warm put in the yolks after being well beaten, the whites should be beaten to a snow. When the mixture is brought to boiling point, but not allowed to boil, take the pan from the fire, thoroughly mix the whites with the other ingredients, add a little seasoning, and pour into a wetted mould.—Mrs. K. Johnson, Wife of Provost of Rutherglen.

HONEYCOMB MOULD.

One pint milk, 2 eggs, $\frac{1}{2}$ oz. isinglass or sheet gelatine, sugar and flavourings to taste, preserved cherries. Soak gelatine in cold milk, when dissolved put in saucepan to hot with sugar and flavouring, add the yolks of eggs well beaten, stir until it begins to thicken, when cool add the whites of eggs (which should be beaten to a stiff froth), just stir once round, and pour into a mould in which the cherries have been previously arranged.—Mrs. C. J. Austin, Mayoress of Hemel Hempstead.

IRISH MOSS.

Take a handful of Carragheen wash well, let it soak for $\frac{1}{4}$ hour at least. Put into pan with 1 pint boiling water and boil 20 minutes, then add 1 quart milk and allow it to come slowly to boiling point, stirring occasionally. Sweeten and strain through a fine sieve into a wetted mould.—Sister of the Provost of Crail, Fife.

JELLY TRIFLE.

$\frac{1}{4}$ lb. of Sponge Biscuits (not cakes), crumble same very finely into glass dish, cover with strawberry or raspberry jam, pour strawberry or raspberry jelly over same, when nearly set cover with boiled custard (not too hot) to a depth of two inches, a little grated nutmeg, preserved cherries, and almonds to ornament top.—Mrs. Frederick Sedgwick, Mayoress of Poplar.

JELLY TRIFLE, WITH FRUIT.

Cut three penny sponge cakes in half, spread with jam, pour over a pint of strawberry jelly, let it set, then drop some strawberries on the jelly. Make a pint of cup custard, when cold pour over the fruit; serve cold. Any other fruit will do if strawberries are not in season, such as slices of bananas.
—Mrs. F. W. Avant, Mayoress of St. Pancras.

LEMON CHEESE.

$\frac{1}{2}$ lb. Sugar, 1oz. butter, 1 egg, 1 lemon. Beat up egg and add grated rind and the juice of lemon, also sugar and butter. Put all into a saucepan, and stir over the fire till it boils and is smooth like honey.—Mrs. R. E. Highton, Mayoress of Workington.

LEMON CHEESE.

4 Lemons, 4 eggs, $\frac{1}{2}$ lb. lump sugar, $\frac{1}{2}$ lb. butter. Squeeze the lemons, and grate the rind of two. Eggs to be well beaten. Put all into a saucepan and let it just boil, when it will become thick. Watch it very carefully so as not to burn.
—Mrs. W. T. Patrick, Mayoress of Guildford.

LEMON CHEESE.

1lb. of castor sugar, $\frac{1}{4}$ lb. butter, 3 fresh eggs, 3 orange-lemons. Put butter, sugar and eggs, well whisked, in a clean iron saucepan to boil slowly for five or ten minutes, then put in the rinds of the lemons, grated very finely, when the mixture has boiled for 15 minutes put in the juice of lemons, then leave all to boil for $\frac{1}{2}$ hour, stirring the while, then pour out to small glass vessels.—Mrs. Rhys Davies, Mayoress of Aberavon.

LEMON CREAM.

Half a packet of gelatine, $1\frac{1}{2}$ teacupfuls of hot water to dissolve the gelatine, add 2 eggs (well beaten) and the juice of 2 lemons, and $\frac{1}{4}$ lb. of soft sugar. Beat all up well together, add 2 cups of milk, then pour into a mould and allow to cool. Made the night before it turns out better.—Mrs. S. Edwards-Jones, Mayoress of Wrexham.

LEMON CREAM.

2 Lemons, 1 pint of water. 2ozs. cornflour, 6ozs. sugar, 1 or 2 eggs. Pare the lemons thinly and boil the rind with the water for five minutes. Mix cornflour smoothly with the strained juice of the lemons, add the water from the rinds, and boil three minutes, stirring all the time. Add the sugar and cool slightly. Mix in the well-beaten egg, and stir over a gentle fire till it thickens. Pour in a wet mould.—Mrs. James B. Chester, 1st Mayoress of Wallasey.

LEMON CURD.

$\frac{1}{4}$ lb. Butter, in same pan with 6 eggs, 1lb. lump sugar, juice of 3 lemons, rind of 2. Stir quickly over a slow fire till thick, like honey.—Mrs. E. Bance, Mayoress of Southampton.

LEMON CHEESE CURD.

$\frac{1}{2}$ lb. Fresh Butter, 1lb. loaf sugar, 6 eggs (well beaten), the grated rind and juice of 2 lemons. Pour ingredients into an enamelled saucepan over a very slow fire, gently stirring all the time until it is as thick as a good cream. Do not let boil, then pour it into jars.—Miss Eveline Anderson, Mayoress of St. Ives, Hunts.

LEMON JELLY.

Soak 1 $\frac{1}{2}$ ozs. Nelson's gelatine for 1 $\frac{1}{2}$ hours, then add $\frac{1}{2}$ oz. citric acid, $\frac{3}{4}$ lb. loaf sugar. Pour over this 1 pint of boiling water and stir to dissolve sugar. Then add $\frac{1}{2}$ pint of sherry and the 12th part of Nelson's essence of lemon. Gelatine to be soaked first in $\frac{1}{2}$ pint of water.—Mrs. T. E. Thirtle, Mayoress of Lowestoft.

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LEMON PIE.

The rind and juice of a large lemon, a cup of sugar, a tablespoonful of butter, a tablespoonful of cornflour, rubbed smooth in a little cold water. Put a cup of milk in a saucepan and as soon as this boils pour it on the butter and sugar, stir in the lemon juice, rind and cornflour, and when a little cooler stir in the beaten yolks of 2 eggs. Pour this into a dish lined with pastry, and bake until set. Beat the whites of the 2 eggs to a stiff froth and cover top of the pie and put back in oven just to brown the whites.—Mrs. Thos. Coxon, Mayoress of Huntingdon.

LEMON PRESERVE, OR CURD.

1lb. lump Sugar, $\frac{1}{4}$ lb. butter, 2 lemons, 4 eggs. Melt the butter, grate and squeeze the lemons, simi all a few minutes till it thickens. I use a double saucepan or a jug in a pan of boiling water, then you are sure of not burning it.—Mrs. Thos. Coxon, Mayoress of Huntingdon.

LEMON SAGO.

Put 4 teaspoonfuls of sago or tapioca to soak in 4 breakfastcupfuls of cold water for one hour. Then boil slowly until clear, and then 6ozs. sugar, grated rinds and juice of 2 large or 3 small lemons, whites of 2 eggs, beaten stiff, added lightly. Serve cold with custard. Oranges can be used instead of lemons if preferred.—Mrs. George Blaze, Mayoress of Louth, Lincs.

LEMON SOLID.

Take 1oz. gelatine and boil in 1 quart of milk, stirring until it dissolves. Grate the rind of 3 lemons on 10ozs. of sugar, pour the milk over it, and when cooling add the juice of the lemon.—Mrs. Woodhouse, Mayoress of Ludlow.

"ST. IVEL" LACTIC CHEESE.

Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol.

LEMON SOLID.

Put the juice of $1\frac{1}{2}$ lemons into a glass dish. Boil gently 1 pint of cream, with not quite $\frac{1}{2}$ lb. of loaf sugar, and the rind of half a lemon, cut very thin. Put into a tea pot, hold it very high and pour it over the dish, then let all stand 24 hours, by which time it will be solid with small air bubbles on the surface, and an excellent sweet.—Miss A. C. French, Mayoress of Eye, Suffolk.

LEMON SOLID.

One quart of milk, $\frac{1}{2}$ lb. loaf sugar, 1oz. Nelson's gelatine, 3 lemons. Soak the gelatine in the milk for some hours, then add the rind of 2 lemons and the sugar, put into saucepan and stir constantly till all is dissolved. It must not boil. Pour into a basin, cool, then add the juice of 3 lemons. Mix all quickly by pouring from one basin to another, then put into mould. Do not stir after the lemon juice is added.—Mrs. J. Norton, Mayoress of Shaftesbury.

LEMON SPONGE.

To an ounce of gelatine add 1 pint of cold water and let it stand 20 minutes. Then dissolve it over the fire, add the rind of 2 lemons, $\frac{3}{4}$ lb. loaf sugar, and the juice of 3 lemons. Boil all together three minutes. Strain it and let it remain till nearly cold, then add the whites of 2 eggs, well beaten 10 minutes, when it will become sponge. Put it lightly into a glass dish.—Mrs. J. A. Fulford, Mayoress of Bideford.

LEMON MOULD.

1 pint cold water, $\frac{1}{4}$ lb. lump sugar, 2 tablespoonfuls corn-flour, 1 egg, 1 lemon. Put the water, juice and rind of lemon, and sugar on to boil, mix the cornflour with cold water, pour the boiling mixture over the slaked cornflour, stir until the whole boils up again, then turn into a mould and serve when cold.—Mrs. T. Carter, the Lady Mayoress of York.

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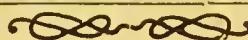
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NELSON'S Baking Powder.

MALVERN BEACON.

Dip a pudding basin in cold water, fit it with rounds of stale bread, stew a quart of fruit with 4ozs. of sugar for about 10 minutes after it is hot, fill the basin with a round of bread and put a weight on it. Set in the cool till next day. Turn out carefully, cover with whipped cream, pour a little fruit juice over it or serve with boiled custard.—Mrs. E. A. Holmes, Mayoress of Southwold.

MARBLE CREAM.

Four penny sponge cakes. Slice and spread with jam and place in glass dish. Dissolve 1 quart packet jelly in five half pints of hot water and pour over sponge. Let it set, whip $\frac{1}{2}$ pint cream and pour over the top. The five half pints include the jelly. Custard could be used instead of cream.—Mrs. E. Hamer, Mayoress of Llanidloes.

MILK JELLY.

1 pint packet Chivers' jelly, $\frac{1}{2}$ pint cold milk, $\frac{1}{2}$ pint boiling water, 1 tablespoonful of sherry. Dissolve jelly in boiling water, then add milk and sherry, stir together and put in damp mould until set.—Mrs. E. Arnold, Mayoress of Sudbury, Suffolk.

MILK JELLY.

1lb. crushed lump sugar, 3 eggs, 3 lemons, 2 tumblers of new milk, 1oz. packet gelatine. Put the gelatine into a gill of cold water, if possible over night, but 4 hours will do. Add the sugar and pour over one tumbler of boiling water, stirring it to mix the sugar. Leave it till you well beat the eggs, to which add the milk, then pour into the gelatine and water. Lastly add the juice of lemons and pour into a mould or moulds.—Mrs. J. T. Whipp, Mayoress of Clitheroe.

NELSON'S Delicious Soups.

MILAN SOUFFLE.

Take 3 eggs, 2 lemons, $\frac{1}{2}$ lb. lump sugar, 4 sheets gelatine, $\frac{1}{2}$ pint whipped cream. Beat the yolks of the eggs, then add the sugar, lemon juice and rind, put in stew-pan and stir till it boils, then pass through hair sieve and let it cool. Add the whipped cream, and whites of eggs well whipped, mix all together, and serve in souffle dish with grated macaroons on top.—Lady Behrens, Lady Mayoress of Manchester.

NORWEGIAN CREAM.

3 Eggs, $2\frac{1}{2}$ ozs. of castor sugar, a cup of boiling water, $\frac{1}{2}$ oz. gelatine, a few drops of vanilla essence, 1 gill of double cream, a little jam. Break up gelatine and place in a cup, and over it pour 1 teacupful of boiling water and leave it in a warm place. Separate the yolks from the whites of the eggs, and place yolks along with the sugar in one basin and beat up until quite frothy. Place whites in another basin and beat up stiffly, using a whisk. Shake out whisk and add the vanilla to the yolks. When the gelatine is melted add it to the yolks, stirring well to prevent eggs from curdling. Add the yolk mixture to the white and again mix lightly. Pour this into a crystal dish and place in a cool place to firm. When firm spread with jam, add whipped cream and decorate.

—Mrs. Gregor, Wife of Provost Gregor of Cullen.

PEAR CREAM.

$\frac{1}{2}$ pint Double Cream, $\frac{1}{2}$ pint pear puree, 3ozs. castor sugar, $\frac{1}{2}$ oz. leaf gelatine, 1 tablespoonful cold water and a little carmine. Rub pears through a wire sieve into a basin, and add sugar to puree. Cut gelatine into small pieces and place in small pan along with cold water, allow to dissolve, stirring well to prevent sticking. Beat cream till fairly thick, add dissolved gelatine and cream to puree and mix well. Pour all into a wetted mould, and when cold turn out by placing mould over top in hot water. Dry top, and shape on to crystal dish. If carmine is to be used it should be put in before pouring into mould.—Mrs. Skinner, Wife of the Provost of Inverurie, Scotland.

PINEAPPLE CREAM.

$\frac{1}{2}$ pint of Cream, 2 packets of pineapple jelly, 8 chunks of pineapple, 1 tablespoonful of juice. Dissolve the jelly in $1\frac{1}{2}$ pints of warm water. Whip the cream, chop the chunks small, and when the jelly is nearly cold mix all together smoothly, and put in a mould.—Mrs. George Stace, Mayoress of Cambridge.

RICE CREAM.

Put a tablespoonful of rice in a small saucepan with $\frac{1}{2}$ pint of milk (or milk and water), and boil gently till perfectly soft. Turn into a basin and beat it up with a fork or whisk for a few moments. Dissolve a $\frac{1}{4}$ oz. of isinglass in a $\frac{1}{4}$ pint of milk, sweeten and flavour with vanilla, stir into the rice and add a short $\frac{1}{2}$ pint of whipped cream. Mix well together, turn the mixture into a deep glass dish and leave it to set. Serve cold with fruit sauce.—Mrs. W. T. Patrick, Mayoress of Guildford.

ROQROD.

A Norwegian National Dish.

Two tablespoons of potato flour (which can be obtained from any chemist), mix in a bowl with any fruit syrup until quite smooth. Put half water and half syrup in a saucepan on the fire, when it boils pour the contents of bowl into saucepan and stir until it is the consistency of a jelly. Pour it into a fresh china bowl to serve, and let it stand until cold. Wine may be added, but is quite needless.—Mrs. Thomas Stanford, Mayoress of Brighton.

SAGO AND RASPBERRY MOULD.

1 pint Water, $\frac{1}{2}$ lb. raspberries, 1 tablespoonful of small sago, $\frac{1}{4}$ lb. sugar. Let the sago and water boil a few minutes until clear, then add the fruit (if the raspberry seeds are objected to pass through a sieve before cooking), put in sugar, and let it boil 7 or 8 minutes, but not more than 10. Pour in a deep mould and let it get cold. Serve with cream.—Mrs. W. F. Fenton-Jones, Mayoress of Hackney.

SIBERIAN CREAM.

1oz. Gelatine, 1 quart milk, 3 eggs, 1 teacup sugar (castor), $\frac{1}{2}$ teaspoonful essence of lemon. Soak the gelatine in 1 pint cold milk. Mix 1 pint milk, half the sugar and yolks of eggs in separate basin. Heat the milk and gelatine, and when warm add other ingredients and stir till hot, not boiling, when cool add essence of lemon, whites of eggs, well whipped, and set aside to cool for 24 hours.—Mrs. Plenderleith, Mayoress of Berwick-on-Tweed.

SPANISH CREAM.**To Ornament Preserves.**

1oz. of Isinglass, $\frac{1}{2}$ pint of rose water, 4 yolks of eggs, $\frac{3}{4}$ pint of cream, sugar to taste. Dissolve 1oz. of isinglass in $\frac{1}{2}$ pint of rose water, beat yolks of 4 eggs with $\frac{3}{4}$ pint of cream, add sugar to taste. Boil up, pour into shallow tin. When cold turn out, cut into shape, lay it in rings round different coloured sweetmeats.—Mrs. C. E. Austin, Mayoress of Southport.

STRAWBERRIES AT CHRISTMAS.

1 pint of Cream, 1 egg, bananas, raspberry jam. Beat up the cream, in which the white of egg is put. Cut slices of bananas long ways, in which you spread raspberry jam. A layer of whipped cream at the bottom of the dish, place in the bananas, and cover again with whipped cream very lightly. Sugar can be added to the cream in whipping or not. Some may think it too sweet with jam.—Mrs. Robert Druitt, Mayoress of Christchurch.

STEWED ORANGE.

1lb. Loaf Sugar, 1 quart hot water, 12 large oranges or 24 small ones. Put sugar and water into a saucepan and boil down to 1 pint, peel 6 oranges very thin and put the rind into the water to give a flavour of orange. Peel the oranges rather thick, taking away all the white part, cut them in halves, cut out all pips and white part, put them into a deep dish as you do them, when the syrup is ready pour over the oranges boiling and cover down for one hour. It is then ready for use. It is best to cut the oranges over the dish so as not to lose the juice.—Mrs. Thomas Free, Mayoress of Marlborough.

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"ST. IVEL" LACTIC CHEESE.

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SPONGE CAKE JELLY.

Put three 1d. sponge cakes in a glass dish, pour over a quart of strawberry jelly, set by till quite cold. Is best made day before use.—Mrs. F. W. Avant, Mayoress of St. Pancras.

TO MAKE SILLABUBS.

Take a pint of cream, $\frac{1}{2}$ pint of white wine or Rhenish, $\frac{1}{4}$ pint of sack, the juice of 1 lemon and peel (grated), and put into it $\frac{3}{4}$ lb. double refined sugar, then mingle all these together and put them into an earthen pot or pan, and beat it all one way with a rod till it be so thick as the rod will stand upright in it, then put it into sillabub glasses and let it stand a day before you eat it. It must be beaten all one way otherwise it will be curdled.—Countess Brownlow, Mayoress of Grantham.

STRAWBERRIES AND TAPIOCA.

To 1 pint of strawberries, boil in 1 pint of water, 4 tablespoonfuls of tapioca with $\frac{1}{2}$ oz. of butter. When quite clear take off the fire, add lemon juice, and stir in immediately the strawberries, pulled and cut in two, and well sugared half an hour previously. Set in cool place.—Mayoress of S.

NICE SWEET.

Core some medium sized apples, bake in their skins. When cold place in glass dish, put a teaspoonful of jam on each, and then pile some whipped cream or Devonshire cream on top.—Mrs. F. W. Avant, Mayoress of St. Pancras.

"ST. IVEL" Royal Yoevil Sausages.

As supplied to Her late Majesty Queen Victoria,
Unique in Flavour and Excellence.

TWO PRETTY AND EASILY MADE COLD SWEETS.

1. 1 tin of Apricots, $\frac{1}{2}$ tablet apricot jelly, 3d. cream. Pour the syrup from the apricots into a small enamelled saucepan with the jelly and heat slowly till jelly is melted. Set aside to cool a little. Place apricots in glass dish and pour the syrup over them. When quite set cover with the cream, well whipped, and sweeten to taste with a little castor sugar.

2. 4 Sponge Cakes, 1 tablet strawberry jelly, a few spoonfuls of strawberry jam. Cut each sponge cake lengthways, spread with jam and press together again. Then cut each into 3 or 4 pieces and place in a mould, previously wetted. Melt the jelly tablet in rather less than a pint of water and pour over the sponge cakes. Leave till set and then turn out on to a glass dish, having placed the mould in boiling water for a few seconds previously. Serve with custard if liked.—Mrs. T. Jenkins, Mayoress of Burton-on-Trent.

TRIFLE.

Three large sponge cakes, 1 tin of apricots, 1 pint custard, whites of 2 eggs, and 2 tablespoonfuls of moist sugar and a gill of cream. Cut sponge cakes in finger lengths and lay at bottom of glass dish, and then a layer of apricots and another layer of sponge cakes, and so on, till all used. Make custard with Bird's custard powder, and pour over sponge cakes, and then pour a gill of cream in basin and add the white of eggs and sugar, and whip till quite thick and drop on the top of the custard when cold, here and there.—Mrs. S. Wood, Mayoress of Wigan.

TURKISH DELIGHT.

2lbs. Loaf Sugar, 1oz. Nelson's gelatine and juice of 2 lemons, 2 small teacupfuls of water. Melt gelatine in one cupful of water, and the sugar in the other. When dissolved boil well together with the lemon juice about 15 or 20 minutes. Pour half into a greased tin and colour the other half and set in another tin for 24 hours. Cut into blocks or pieces, and roll in icing sugar.—Mrs. C. E. Fox, Mayoress of Bethnall Green.

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NELSON'S Home-made Soup

TURKISH DELIGHT.

1oz. sheet Gelatine, 2lbs. lump sugar, the juice of 2 lemons, 2 teacupsful of boiling water, rose water to taste (2 tablespoonfuls), colour half with cochineal. Dissolve the gelatine in the two cups of boiling water, add the lemon juice and sugar. Boil until quite dissolved, pour in well-wetted dishes, colour half with cochineal and allow it to set, then cut in squares with a knife frequently dipped in hot water. Roll in icing sugar.—Mrs. Thos. Coxon, Mayoress of Huntingdon.

VANILLA CREAM.

One quart of milk, 14 leaves of gelatine, yolks of 2 eggs, teaspoonful of vanilla essence, 1oz. of castor sugar. Put the milk, gelatine, and sugar in a double saucepan, and, when boiling, add the eggs well beaten, with half a teacupful of cold milk, stir well, add vanilla and turn out into a wet mould.—Miss Knight, Mayoress of Rochester.

DRINKS.

ANGELICA WINE.

Take the weight of 2lbs. of the tender stalks of Angelica, cut as for candying, and when the strings are clean taken out of it put 2lbs. of sugar into 2 quarts of water, which must be clarified with white of eggs, and then put in the Angelica stalks and let them boil till they are tender. Put it when cold into a stone jar and add to it a gallon of old brandy, stir it so as to mix it thoroughly well together and let it stand close stopped for two or three months, at the end of which time pour it off gently from its sediments and put it into bottles.—Countess Brownlow, Mayoress of Grantham.

NELSON'S Pure Mutton Essence (Hipi Brand).

CHERRY BRANDY.

Place 8ozs. Morrella Cherries, into an ordinary white glass spirit bottle and fill up the bottle with best Nicholson's gin. Cork up and let stand for at least 14 days (cheap corks will answer for this first stage). At the end of this period the spirit (a bright red) may be drawn off by taking out the fruit and adding 5ozs. of castor sugar to each bottle. One clove put into each bottle lends a pleasant flavour. The fruit should be ripe, very well dried and stalked. Finally cork with best corks.—Mrs. Sam Rhodes, Mayoress of Morley.

GINGER BEER.

One gallon of water, 1lb. of loaf sugar, 1oz. cream of tartar, 1½ozs. of bruised ginger. Boil the water and pour it while boiling on to the ingredients, add 2 lemons cut in slices, and well bruise ginger. When lukewarm put on it a toast, on which is a little yeast, then put into stone bottles. When cold strain and tie the corks.—Miss Frances Groom, Mayoress of Harwich.

GINGER WINE.

Five gallons of water, 15lbs. loaf sugar, 6ozs. bruised ginger, 6 large lemons pared thinly. Boil the above for half an hour. Put into a tub, let it remain till lukewarm, then put into a cask with the juice of the 6 lemons, 2lbs. raisins, 2 tablespoonfuls of brewer's yeast. Stir every day for a week, then add 1oz. isinglass, a little brandy, if desired. Fit to drink in two months.—Mrs. C. Watson, Mayoress of Sandwich.

GINGER WINE.

Two drachms of tincture of ginger, 3 drachms of tincture of cayenne, 1 gallon of boiling water, juice of 2 oranges, ½d. worth of tartaric acid and 2lbs. of lump sugar. Colour with burnt sugar and bottle when cold.—Lady Fraser, Mayoress of Nottingham.

HOME MADE WINE.

6lbs. of any ripe fruit, 1 gallon of cold water, let it stand for 40 hours. Mesh it well up now and then, then strain and squeeze all the liquor into a clean earthernware pan. Add 6lbs. of lump sugar, $1\frac{1}{2}$ ozs. of cream of tartar, which must be previously dissolved in boiling water. Stir the whole thoroughly well up, then let it remain four days. Take the scum off as gently as you can when it has ceased fermenting, or rather when the scum is all off. Bottle it, but don't cork until the fermentation ceases, when you find that the cork does not blow out, put it gently into clean bottles. Observe that black fruit and stone fruit must be boiled. I make the black currants and the blackberries answer two purposes. I take the stalks out and boil the black fruit, then pass it through a sieve, boil the fruit with the sugar for jam. The liquor or juice I put in a pan and add the prescribed quantity of sugar (6lbs.), set it with the cream of tartar, take the scum off daily, bottle as before. The jam you, of course, add the sugar in the boiling, using 6lbs. sugar to 6lbs. of fruit.—Mrs. W. Sambrook, Mayoress of Monmouth.

HOP WINE.

3ozs. Hops, 2ozs. ginger, 4 oranges and 4 lemons, 3lbs. of sugar to each gallon of water. Use cold water, peel the oranges and lemons very fine, put the peel and juice into barrel with the hops, ginger and sugar. Fill up with cold water and 4 tablespoonfuls of barm to 12 gallons. Stir up once a day for a fortnight. At the end of that time draw off the liquor, clear out the barrel, replace the wine into the barrel with 4ozs. of isinglass and 2lbs. raisins, and fasten air-tight. Will be ready to bottle off in six weeks. Pulp of oranges and lemons not to be placed into cask. Use half the quantities if you only require half the quantity of wine.—Mrs. William Woodward, Mayoress of Hampstead, N.W.

LEMONADE TO KEEP.

4lbs. of lump sugar mixed with 1 quart of boiling water, let it stand until quite cold then mix very well together 4ozs. tartaric acid with the juice and the rind of 2 lemons rubbed on sugar, then bottle. One tablespoonful to a tumbler of water.—Mrs. Wingfield, Mayoress of Shrewsbury.

LEMONADE.

2½lbs. Sugar, 2 lemons, 1 small bottle of essence of lemon (6d. size), 4 level tablespoonfuls tartaric acid crystals, 4 pints of hot water. Place the sugar, essence of lemon, tartaric acid crystals and the juice of the lemons in a large basin, pour over the hot water and allow all to cool thoroughly, then strain. One tablespoonful to 4 of water.—Mrs. Wilson, Wife of the Provost of St. Andrews.

LEMONADE—GOOD FOR PARTIES.

Pour 1 quart of boiling water over 2lbs. of loaf sugar and 1oz. of powdered tartaric acid. When cold add 1oz. of tincture of orange peel, and 30 drops of essence of lemon. Bottle and mix with water when wanted.—Mrs. H. W. Pollard, Mayoress of Bridgwater.

LEMON SQUASH.

Take the juice of six and the thinly pared rind of four lemons, 1½lbs. of loaf sugar (or preserving sugar will do), and 4 quarts of cold water. Put all into a large enamelled pan and bring it very slowly to the boil. Boil for ten minutes only, and then strain through a fine sieve into a bowl. When quite cold stir to it 2ozs. powdered citric acid, and bottle ready for use.—Mrs. R. J. McMordie, Lady Mayoress of Belfast.

LEMONADE.

2lbs. Loaf Sugar, 2ozs. citric acid crystals, the rind of 2 lemons cut very thin and juice of 2. Add 1 quart of boiling water and stir well and bottle when cold.—Lady Fraser, Mayoress of Nottingham.

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FAMOUS VEAL and HAM PIES.

RHUBARB WINE—VERY GOOD.

To every quart of rhubarb add nearly 1 quart of boiling water and a little sugar. Let it stand a week or more, then strain through a sieve and to every quart of liquid add 1lb. of moist sugar and a little yeast, with a little ground ginger to taste, then put in a large stone bowl or cask for five weeks to work. Cork and let it stand a short time to clear, put in an egg, when you can put in small bottles, and in two days will be ready for use.—Mrs. Wm. Wise, Mayoress of Launceston.

SHERBET.

2lbs. Castor Sugar, $\frac{1}{4}$ lb. tartaric acid, $\frac{1}{2}$ lb. carbonate of soda, 1 teaspoonful of essence of lemon. All powders to be well dried. Sprinkle the essence of lemon on the sugar and dry. Stir altogether and mix by passing through hair sieve. Must be kept in tightly corked bottles.—Mrs. T. B. Silcock, Mayoress of Bath.

WHITE Currant SHRUB.

Strip the fruit and prepare it in a jar, as for jelly, strain the juice, of which put 2 quarts to 1 gallon of rum and 2lbs. of sugar. Strain through a jelly bag.—Miss Frances Groom, Mayoress of Harwich.

“ST. IVEL” LACTIC CHEESE.

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FISH RECIPES.

FISH HINTS.

To Bone Herrings.—Lay the herring down on a board and with a sharp knife slit down the back. Take hold of the spine bone and draw it from the body with a sharp pull.

Fish will not stick to the pan if you rub the pan with stale bread before frying.

Fillet your own fish and you will then retain the skeleton and skin in which lies most of the flavour, and when stewed down they will form a good foundation for fish stock, stew and soup, and is also good for making fish sauce.

Fresh Fish have bright full eyes, and firm clean flesh.

Flounders are found in sea and rivers. They are in season from January to March, and from July to September. When fresh they are stiff, their eyes bright and full, and their bodies thick.

BLOATER PASTE.

A bloater (or two, if more is required), butter, anchovy sauce, grated nutmeg, cayenne and ordinary pepper. Fry the fish the usual way, carefully remove skin and bones, add about a tablespoonful of butter (melted), and pound in a mortar or through a sieve. Add cayenne and other pepper, and grated nutmeg to taste, and add sufficient anchovy sauce to make a smooth paste, then pot it.—Mrs. Robert Druitt, Mayoress of Christchurch.

BLOATER PASTE.

Three bloaters, 2 kippers, 2 tablespoonfuls anchovy sauce, cayenne and white pepper to taste, 2 or 3 ozs. fresh butter. Cook the fish, take off skins and bones, chop in a block until thoroughly smooth, then add the other ingredients. Beat well with a fork and put in small jars, cover with melted butter.—Mrs. Enoch Sargeant, Mayoress of Bridgnorth.

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NELSON'S Gordon's Granulated Gravy.

FISH.

Grill some fish (haddock, sole or plaice), melt rather a large piece of butter in a pan, mix in some curry powder or chopped chutney, and pour the sauce over the fish.—Mrs. A. Monro, Mayoress of Godalming.

FISH CAKES.

1lb. cold Fish, $\frac{1}{2}$ pint thick brown sauce, 1 dessertspoonful anchovy sauce, 6 gherkins, 2oz. bread crumbs. Make the brown sauce hot, and stir into it anchovy sauce and gherkins chopped finely. Take the stew-pan off the fire and add fish in small flakes, removing all skin and bone. Turn this on to a plate, and when cold form into cakes, egg and bread crumb and fry. Serve with fried parsley.—Mrs. S. W. Hook, Mayoress of Honiton.

FISH CAKES.

1lb. cooked Fish (cod or hake), 6ozs. mashed potatoes, 6ozs. bread crumbs, 1 egg, a little milk, pepper and salt to taste. Mix fish and potatoes, form into balls, roll in egg and bread crumbs and fry in boiling fat a golden brown.—Mrs. C. Hunt, Mayoress of Bournemouth.

FISH CAKES (RUSSIAN).

1 $\frac{1}{2}$ lbs. uncooked cod, 2 eggs, 1oz. butter, lemon juice, 1oz. farola, 4ozs. bread crumbs, salt, pepper. Chop the cod, melt the butter and add, drop in one egg, pepper and salt and mix well, add farola, lemon juice and mix. Divide mixture into six or seven pieces, form into cutlet shape, dip in egg and crumbs, and fry a light brown, then finish in oven.—Mrs. R. E. Highton, Mayoress of Workington.

NELSON'S Pure Citric Acid.

FISH CREAM.

$\frac{3}{4}$ lb. of uncooked fish, 1½ozs. of butter, 1½ozs. of white bread crumbs, $\frac{1}{2}$ pint of milk, 2 tablespoonfuls of cream, whites of 2 eggs stiffly whipped, pepper and salt. Chop fish finely, melt the butter in a small pan, add the milk and bread crumbs, and cook till thick. Pound the fish and sauce together, and rub through a wire sieve. Fold in whites of eggs and cream, and season. Turn the mixture into a greased bowl, cover with greased paper and steam gently till firm, about three-quarters of an hour. Turn on to a hot dish and cover with white coating of sauce made with 1oz. of butter, 1oz of flour, and rather more than $\frac{1}{2}$ pint of milk, pepper and salt.—Mrs. L. Matthews, Mayoress of Swansea.

FISH COOKED IN ITS OWN JUICE.

1lb. Fish. Have your fish well cleaned, dry well, and put in jar with a clove or sprig of parsley; cover very close and set it in a saucepan of boiling water, keeping it boiling for half an hour.—Mrs. R. E. Highton, Mayoress of Workington.

FISH PIE.

Cut into small pieces 2lbs. of cold cod, put into a well-buttered dish, with bread crumbs and small pieces of butter, pepper and salt, in layers alternately until full. Pour over a little milk sufficient to moisten, and bake in moderate oven until nicely browned.—Mrs. William Woodward, Mayoress of Hampstead, N.W.

FISH SOUFFLE.

1lb. Fish (cod or fresh haddock), 2 or 3 eggs, 1 gill cream, pepper and salt. Boil fish, pass through a sieve, taking away all skin and bone. Mix in basin with the yolks of eggs (2 is sufficient), and seasoning. Whip up whites stiffly and add cream. Steam slowly for one hour and cover with white sauce.—Mrs. C. E. Fox, Mayoress of Bethnal Green.

LOBSTER (JELLIED).

One-third of a (tin) lobster, $\frac{1}{4}$ pint fish stock, rather less than $\frac{1}{2}$ oz. gelatine, cayenne pepper, salt, 1 or 2 drops of cochineal, $\frac{1}{2}$ hard-boiled egg. Put gelatine and fish stock (cold) into a small saucepan, let stand till gelatine is quite soft, then dissolve over gentle heat, add cochineal and seasoning. Cut lobster into small pieces, chop white of egg, sieve yolk. Arrange in pattern at the bottom of dariole moulds with lobster, and fill up with stock. Turn out when firm and garnish with salad.—Mrs. E. G. H. Berryman, Mayoress of Deptford.

SMALL ROLLS WITH LOBSTER.

Prepare the rolls as for chicken rolls, and then cut some lobster tails into small dice. Mix them in some mayonnaise sauce with some chopped montpelier butter, fill the rolls, replace the covers and serve. These rolls may be made with game, prawns or shrimps.—Mrs. Harold Mason, Mayoress of Royal Leamington Spa.

BOSTON DEEP OYSTERS STEWED.

Wash and strain 50 oysters in a colander, put them in a saucepan with $\frac{1}{2}$ pint of milk, 1 tablespoonful of vinegar, 1 teaspoonful of castor sugar, 1 oz. butter, salt and pepper to taste. Stew briskly for 15 to 20 minutes, thicken with a little cornflour, and add cream to taste.—Mrs. James Eley, Mayoress of Boston, Lincs.

BAKED HALIBUT.

Place some halibut in an earthenware dish, sprinkle pepper, salt, a little finely chopped parsley, a few drops of lemon juice over it, then a sprinkle of bread crumbs and a little butter on the top. Bake till brown; serve hot.—Mrs. C. H. Spragge, Mayoress of Torquay.

KEDGEREE.**(Breakfast Dish.)**

1lb. of Cod Fish (already cooked), 3ozs. butter, 3 eggs, pinch of curry powder, 3 tablespoonfuls rice, pepper and salt to taste. Wash and boil the rice, strain and dry it. Chop up eggs in irregular pieces, remove the bones from fish and any pieces of black skin. Melt the butter in a saucepan and add the cooked fish, rice, and two hard-boiled eggs, then add curry powder, and pile high on a dish. Make cone shape, garnish with parsley. With the third egg put the yolk through a sieve, sprinkle on the top, and chop up the white and put round the dish.—Mrs. A. E. Harrison, Mayoress of Daventry.

KIPPERED COD.

Split and bone 4lbs. of cod. Mix together one tablespoonful each of salt, sugar and white pepper. Lay the mixture on the cut side of the fish and press under a weight for twelve hours. Cut in slices and grill as required.—Mrs. R. H. Caird, Mayoress of Devizes, Wilts.

SAVOURY (ORIGINAL).

One red herring. Pour boiling water over the herring, remove skin, have ready hot buttered toast, and when needed for the table pour over the herring on the toast some whisky and set alight. Serve at once with lemon juice and cayenne.—Mrs. D. J. Kendall, Mayoress of Warwick.

SALMON (MOULDED).

One tin of salmon or cold salmon left over, 2 eggs, 4ozs. of bread crumbs, a little chopped parsley, cayenne and salt. Break up the salmon and mix it thoroughly with the butter and other ingredients, put in a buttered mould, cover with greased paper, and steam for $\frac{3}{4}$ of an hour.—Mrs. F. E. Atkinson, Mayoress of Brighouse.

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Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol.

SHRIMP (POTTED).

2ozs. of Butter, 4 yolks of eggs, hard boiled, 2 small table-spoonfuls of anchovy sauce, a little cayenne, a little dry mustard. Mix all in a mortar to the consistency of cream. Put in pot and cover with melted butter.—Miss A. C. French, Mayoress of Eye, Suffolk.

FRENCH RECIPE FOR COOKING SOLES.

Prepare your sole as for boiling, and butter a fire-proof dish that can be sent to table. Place sole on dish with a few small balls of butter rolled in parsley and flour. Two wine-glasses of white wine, $\frac{1}{2}$ doz. natives with their own sauce, $\frac{1}{2}$ doz. mushrooms with a little butter rolled in flour, pepper and salt. Time very slowly 45 minutes.—Mrs. George Holman, Mayoress of Lewes, Sussex, 1908-11.

COD'S ROE FRIED.

Boil in salted water, allow 15 minutes to 2lbs., drain and leave until cold, then cut in slices, cover with egg and bread-crumbs, to which a little chopped parsley has been added, pepper and salt to taste, and fry a delicate brown. Serve hot, garnish with parsley.—Mrs. George Symons, Mayoress

“ST. IVEL” Royal Yoevil Sausages.

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COD.

Separate about 1lb. of cooked cod or other white fish from the bones, add 3ozs. of finely chopped suet, 4 tablespoonfuls of bread crumbs, season with salt and pepper. Add two eggs with enough milk to form mixture into a stiff batter. Turn into a buttered dish, cover top lightly with more crumbs and bits of butter, and bake in a moderate oven. Can be made overnight.—Mrs. George Symons, Mayoress of Totnes.

COOKED FISH.

Take about 1lb. of any cooked fish, remove bones, fry a chopped small onion in a little butter until brown, 1 dessert-spoonful of curry powder and 1 of flour, worked until quite smooth into 1 pint of milk, add the fish and bring to boil. Season with lemon juice and salt, and serve surrounded with boiled rice.—Mrs. George Symons, Mayoress of Totnes.

EELS (FRIED).

Wash, skin and dry moderate sized eels, cut into 3in. pieces, roll in a little flour, salt and pepper, coat with egg and bread crumbs, fry in boiling fat. Fry some parsley until crisp and use as garnish.—Mrs. George Symons, Mayoress of Totnes.

FRESH HADDOCK (BAKED).

Clean and trim a large haddock, make veal forcemeat, place in the fish and sew up. Trus in the shape of an "S" by means of long needle and string. Bake in moderate oven for 1 hour. Serve with anchovy sauce.—Mrs. George Symons, Mayoress of Totnes.

HADDOCK (BOILED).

Clean and wash fish, lay in warm salted water, cook gently about 15 minutes. Serve with melted butter or anchovy sauce.—Mrs. George Symons, Mayoress of Totnes.

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HADDOCK (FRIED).

Wash and dry a large haddock, remove bones, cut into fillets, cover with egg and bread crumbs, and fry in boiling fat. Another way is to dip pieces of fish in batter and fry.—Mrs. George Symons, Mayoress of Totnes.

HALIBUT (BOILED).

To boil use 4lbs. of fish. Place in salted hot water, bring to boil, and then simmer for 30 minutes or until tender. Drain, place on dish, squeeze a little lemon over, garnish with slices of lemon and parsley. Make a butter sauce or shrimp, as preferred.—Mrs. George Symons, Mayoress of Totnes.

HALIBUT (FRIED).

Have some fairly thick steaks, cover with flour, to which salt and pepper has been added. Cover with egg and bread crumbs, fry brown. Serve very hot.—Mrs. George Symons, Mayoress of Totnes.

FRUIT HINTS.

Rhubarb is a most wholesome, reliable and nutritious fruit, and taken occasionally will act as an aperient, but the habitual use of rhubarb tends more to costiveness than otherwise. To counteract its astringent properties always cook it with plenty of sugar, and when possible with coarse brown sugar.

Currants may be easily digested by children as well as adults if first soaked in hot water, stirred and then strained and left all night in cold water. They will be plump and full in the morning, and currants done in this way placed between bread and butter makes a nice sandwich.

NELSON'S Well-known Gelatine Lozenges.

Steamed Fruit retains its flavour and colour much better than that which has been stewed.

Dried Fruits should be bought early in their season and kept in covered tins. They must be steeped for 12 hours at least after being dipped in boiling water, and they must be stewed very carefully slowly, and never really boiled or they toughen and spoil at once.

Fruit is a splendid thirst quencher.

Bottled Fruit.—When bottling fruit always cover the corks with bladder, or leather cloth is very good. The fruit must be sound and dried with a cloth, put into dry glass jars and press down, but don't break the skins. Cover the jar with paper, and over that tie the bladder or thin oilcloth securely down, and place the jars in a moderate oven. Let them remain several hours, or until next morning if put in after dinner. Then tie another cover on.

Tomatoes if placed in boiling water for two or three seconds will peel very easily.

FURNITURE CREAM & POLISHES.

FURNITURE CREAM.

1oz. White Wax, 1oz. castille soap, 3ozs. bees-wax (shredded), 1 pint turpentine. Put $\frac{1}{2}$ pint of each ingredient in $1\frac{1}{2}$ pint bottle and fill with water. Shake well.—Mrs. C. Watson, Mayoress of Sandwich.

FURNITURE CREAM.

1oz. Castille Soap, $2\frac{1}{2}$ ozs. bees-wax, 1 pint of turpentine, $\frac{1}{2}$ pint water. Dissolve soap in water, turpentine with wax, then mix together.—Mrs. H. C. Norton, Mayoress of Wells.

FURNITURE PASTE.

1oz. Yellow Wax, 1oz. white wax, $\frac{1}{2}$ oz. castile soap, $\frac{1}{2}$ pint turpentine, $\frac{1}{2}$ pint rain water. Cut wax very fine and put into turpentine. Cut the soap very fine and put into water. When dissolved mix well together.—Mrs. Alfred Baker, Mayoress of Tewkesbury.

FURNITURE POLISH.

1oz. White Bees-wax, 1oz. yellow wax, melt $\frac{1}{2}$ oz. castile soap, 1 pint turpentine, 1 pint boiling water. Mix the wax with the turpentine and let it stand for 48 hours, melt castile soap with boiling water, mix all together and bottle. It makes a very fine polish, also cleansing.—Miss Janet Macfarlan, Sister of Provost Macfarlan of Dumbarton.

FURNITURE POLISH.

1 pint Benzoline, 2ozs. bees-wax. Shred the bees-wax into the benzoline and let it stand for a few days to dissolve, and it will then be ready for use.—B.

FURNITURE POLISH.

$\frac{1}{2}$ oz. Castille Soap, 1oz. bees-wax, 1oz. white wax. The soap to be cut and put into a gill of cold water until dissolved. The wax scraped fine and put into a gill of turpentine, when dissolved mix all together and stir until it becomes a cream. This will be ready for use in about three hours.—Mrs. Horsley, Mayoress of West Hartlepool.

FURNITURE POLISH.

1oz. Bees-wax, 1oz. white wax, 1oz. castille soap, $\frac{1}{2}$ pint turpentine, $\frac{1}{2}$ pint soft water. Cut soap into slices, put in the water and let stand till dissolved. Put both quantities of wax into turpentine and let it dissolve, stirring occasionally. Then mix all together and add one or two tablespoonfuls of methylated spirits, and stir all well together.—Mrs. Enoch Sargeant, Mayoress of Bridgnorth.

TO RENOVATE LEATHER SEATS OF FURNITURE, ETC.

Dip a small sponge into the white of an egg and rub over the leather quickly. It will dry in a few minutes and will have quite a new effect.—Mrs. W. T. Patrick, Mayoress of Guildford.

CLEANING OLD OAK AND MAHOGANY FURNITURE.

Take equal portions of methylated spirits and linseed oil, to which add quarter portion of vinegar. Shake together and use sparingly.—Mrs. H. C. Vincent, Mayoress of Bangor.

FOR SCRUBBING WOODEN TABLES AND FLOORS.

1lb. Soda, 2lbs. Fullers' earth, 1lb. soft soap, 1 gallon water. Boil all together till a soft paste and well mixed. Place in jars till required and use as ordinary soap.—Mrs. H. C. Vincent, Mayoress of Bangor.

FOR TAKING WATER MARKS AND STAINS OUT OF POLISHED FURNITURE.

1oz. Oxalic Acid, put into a quart bottle and fill up with hot water. Shake the bottle before using and apply with a cork. Rub well with cork until the stain disappears, and after rub with ordinary furniture polish.—Mrs. Wingfield, Mayoress of Shrewsbury.

GAME AND POULTRY.

HINTS.

Ducks and Geese.—The lower part of beaks will break easily when young, the bills and feet will be yellow, and the body free from hairs.

Turkeys should have white flesh and fat. Avoid those whose legs and back have a purple tinge, also long hairs on the body. The legs should be smooth and the feet supple.

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"ST. IVEL"

FAMOUS VEAL and HAM PIES.

BONED ROAST FOWL.

A fowl (not drawn), 1lb. of sausages, 2 hard-boiled eggs, 1 small cooked tongue. First bone the fowl, begin at the neck, loosen the skin, work out one wing, then push fingers down back-bone ; take out a leg, return to the other side and do the same, then take out the back-bone. Having taken out all the bone, turn the fowl inside again, lay on the table, put fowl into shape, take the eggs, cut one in two, cut one in four. Skin the sausages, stuff the fowl into shape to represent the breast. When filled it is ready for trussing ; then singe and tie with twine, put in a moderately hot oven for $1\frac{1}{2}$ hours ; cut when cold.—Mrs. Turner Hartley, Mayoress of Colne.

CAZEWELA (INDIAN RECIPE).

Joint chicken or fowl, fry light brown, place in stew-pan, just cover with water and simmer gently two hours. Add 4 small onions cut up, 4 potatoes cut in half, pepper, salt, and $\frac{1}{2}$ teacupful of rice. Simmer until all is cooked and soft (about $\frac{3}{4}$ of an hour). When all ingredients are cooked and fowl, add cup of milk (raw) and beaten yolks of 1 or 2 eggs, but this must not boil. Lastly add 2 whites of eggs broken direct into saucepan. Stir thoroughly and serve at once. Soup plates are nice to use as gravy is so good. A delightful way of cooking an old fowl. Judgment must be used as to time of stewing to ensure tenderness previous to adding other ingredients and vegetables.—Mrs. J. T. White, Mayoress of Barnstaple.

"ST. IVEL" LACTIC CHEESE.

Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol.

CHARTREUSE OF CHICKEN.

Breast of a chicken (pounded), 1 jar of cream 4ozs. of boiled ham (pounded), 2 eggs (whites) whipped to a stiff froth, season to taste. Beat the chicken and cream till the mixture gets quite thick, add one yolk and the half of the white of egg. Mix the ham and the remainder of the egg together; decorate a plain mould with cut carrot and the green of a leek, then line with the chicken mixture, and in the centre put the ham mixture, cover with a buttered paper and steam gently for half-an-hour. Serve with white sauce.—Rosina C. Shaw, Wife of the Lord Provost of Glasgow.

CHICKEN CREAM.

Mince together the remains of chicken and ham. Add about $\frac{1}{2}$ pint of white sauce and the yolks of 2 eggs. Season with pepper and salt, and a little lemon juice. Put into small moulds and steam in a shallow saucepan about 20 minutes.—Mrs. Chinery, Mayoress of Lymington, Hants.

CHICKEN CREAM.

$\frac{1}{2}$ lb. Cooked Chicken, 3ozs. cooked ham, 1oz. butter, 2 eggs, $\frac{1}{2}$ pint cream, white pepper, salt and cayenne. Pound the chicken and ham and pass it through a sieve, add the butter (melted) and then the beaten eggs, stir in the cream and add the seasoning. Mix all lightly together, and put the mixture into a buttered mould. Steam for half an hour.—Hannah B. White, Niece of Provost Duncan Ferguson, Burntisland.

CHICKEN FINGERS.

6ozs. of cold Chicken (cooked), 2ozs. cooked ham, $\frac{1}{2}$ tea-cupful of bread sauce, $\frac{1}{4}$ oz. gelatine dissolved in milk, pepper, salt, and grate of nutmeg, lemon juice, and one small bottle of aspic jelly. Mince the chicken and ham and mix the bread sauce, add the gelatine and milk, season mildly and mix thoroughly and spread on a flat dish. When cold cut into fingers with a sharp knife, lay on dish and pour on aspic jelly. When set cut out the fingers and arrange on a dish with lettuce or any other salad.—Mrs. D. J. Kendall, Mayoress of Warwick.

H. THACKER,

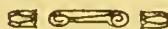
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CHICKEN MIXTURE.

One tablespoonful white sauce, 2 teaspoonfuls chopped chicken, a little chopped parsley, a few drops of lemon juice, seasoning—pepper and salt—milk to moisten. Put all the ingredients in a pan and stir over the fire until well mixed and very hot. Fill in the cases and put on the lids.—Mrs. R. E. Highton, Mayoress of Workington.

CHICKEN MOULD.

Gently boil a chicken until the flesh falls in about a cupful of water, take out the meat. Dissolve $\frac{1}{2}$ oz. of gelatine in the liquid, season, and put in the meat, then line a buttered mould with hard-boiled egg, pour in the mixture and let it set. Rabbit can be used instead of chicken if liked.—Miss H. L. Phillips, Mayoress of Salford.

CHICKEN PIE (To be eaten hot or cold).

1 Chicken, 3 hard-boiled eggs, bacon cut in short lengths, tablespoonful of green peas, pepper, salt and water, and a plain crust of pastry. Cut the chicken into nice joints and arrange the parts in a pie dish (with cover). Add the bacon, peas, pepper, salt and eggs, cut up into halves, fill the dish with cold water and put on a layer of pastry, place the lid on the dish and bake gently for several hours, then remove the lid and let the pastry brown.—Mrs. William Woodward, Mayoress of Hampstead, N.W.

CREAMED CHICKEN.

One pint cream sauce, 1 pint cold chicken, cut up fine. Season with pepper, salt and celery salt. Add $\frac{1}{2}$ pint of raw oysters and cook until oysters are grilled at the edges.—Mrs. A. W. Willmer, Mayoress of Birkenhead.

FOWL (PRESSED).

Take the fowl, after cleaning, etc., boil it slowly till the flesh slips from the bones. Place the pieces of meat on a dish and cut into nice shapes. Skim the fat from the liquor, and in a pint of it dissolve $\frac{1}{2}$ oz. of gelatine. Season this and add a little brown colouring. Wet a pie-dish or mould, and arrange slices of hard-boiled egg round it. Fill the centre with the fowl, pour stock of gelatine over, set aside to cool, and garnish with parsley.—Lady Fraser, Mayoress of Nottingham.

HARE (JUCCED).

1 Hare, 2lbs. gravy beef, $\frac{1}{2}$ lb. butter, 1 onion, 1 lemon, 5 cloves, pepper, salt and cayenne to taste, and $\frac{1}{2}$ pint of port wine. Cut the hare into pieces, sprinkle them with flour and fry in the boiling butter. Have ready 2 pints of gravy made from the beef, and thickened with a little flour. Put into a jar with the hare, the onion stuck with cloves, the lemon peel and cut in half, and the seasoning. Cover the jar tightly, put it up to the neck in a stew-pan of boiling water and let it remain until quite tender, taking care to keep the water boiling. When nearly done pour in the wine and a few forcemeat balls, baked or fried first. Serve with red currant jelly.

—Mrs. Wm. Woodward, Mayoress of Hampstead, N.W.

JELLIED RABBIT.

Take two young rabbits, stew till tender, cut all flesh off bones and cut into small pieces, add to stock they have been stewed in one packet of gelatine. Have ready some small pieces of cooked ham, a hard-boiled egg (sliced), pepper and salt to taste. Place layers of rabbit, ham and eggs in a mould, pour over all the stock and gelatine, serve when cold.

—Mrs. Mary Wilson, Wife of Provost of St. Andrews.

ROMAN RABBIT PIE.

Boil two rabbits, cut up all the meat as thin as possible; 2ozs. of Macaroni, boiled very tender; 2ozs. of Parmesan cheese; flavour with onions and salt, and $\frac{1}{2}$ pint of cream. Line a dish with puff paste and fill with above, cover the pie and bake one hour. Recipe must be followed and Parmesan cheese used.—Mrs. A. J. Woodroffe, Mayoress of Lyme Regis, Dorset.

PATE OF RABBIT.

Cut into dice equal quantities of fat and lean bacon and calves' liver ; then fry all this over a slow fire in a little butter with some chopped parsley, eschalot, black pepper, salt, and a little spice, stirring constantly. When quite cooked draw off the fat and pound well together until well blended, and pass through a wire sieve. Meanwhile bone and skin two rabbits, cut off all flesh in nice fillets, and three parts cook these in the butter the liver was cooked in. Now pack a pie dish first with a layer of liver farce, then with fillets, repeating these layers till the dish is full. Season each layer as you put it in. Now stand the dish in a pan three parts full of boiling water and let it steam for one or two hours. When cooked press the top down lightly, flattening it with a spoon, and pour over it just enough butter to penetrate it. To make the paste very rich add grouse, truffle and pistachie kernels.—Mrs. Marshall Dugdale, Mayoress of Llanfyllin, Mont.

RABBIT OR CHICKEN SOUFFLE.

$\frac{1}{2}$ oz. Flour, $\frac{1}{2}$ oz. butter, $\frac{1}{4}$ pint stock, 1 egg, $1\frac{1}{2}$ ozs. cooked rabbit or chicken, pepper, salt, nutmeg. Cook together flour and butter for three minutes, add the stock, gradually boiling up and stirring between each addition. Add salt, pepper and nutmeg. When mixture has cooked a little add yolk of egg and minced rabbit. Mix well. Lastly add the white of egg, well whisked. Pour into buttered tin. Bake in a quick oven 25 minutes.—Mrs. E. G. H. Berryman, Mayoress of Deptford.

ICINGS.

BUTTER ICING.

$\frac{1}{2}$ lb. Fresh Butter, 1lb. icing sugar, essence of coffee. Cream the butter first, then work in the sugar smoothly and add coffee essence. Turn cake upside down to ice. This icing will not keep good long in summer. Use knife and hot water to spread it.—Mrs. C. E. Fox, Mayoress of Bethnal Green.

COCOANUT CAKE ICING.

White of 2 eggs, 2lbs. icing sugar, a little essence of lemon. Beat well together, put the icing over the cake, then add the chips of the cocoanut.—Mrs. R. E. Highton, Mayoress of Workington.

ICING.

$\frac{1}{2}$ lb. Chocolate (grated), $\frac{1}{4}$ lb. icing sugar. Put the chocolate in a saucepan with one tablespoonful of water and dissolve over the fire, then add the sugar and mix. It may require a little more water as the mixture should only be thick enough to pour easily and spread on the cake.—Mrs. R. E. Highton, Mayoress of Workington.

ICING FOR CAKES.

Whip the white of an egg, add a teaspoonful of water and $\frac{1}{2}$ teaspoonful of lemon juice, stir in a breakfastcupful of icing sugar, beat until firm and very smooth, and then spread on the cake. Replace in the oven for a few minutes.

ICING FOR CAKES.

About 3 or 4 tablespoonfuls of icing sugar, the grated rind and strained juice of half an orange (this is for a soft icing). Stand in a cool place, spread on when cold.—Mrs. Robert Druitt, Mayoress of Christchurch, Hampshire.

WATER ICING FOR SMALL CAKES.

$\frac{1}{2}$ lb. Icing Sugar, 2 tablespoonfuls (or a little more) boiling water. Mix well together, set in a pan of boiling water whilst using to prevent setting.

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"ST. IVEL"

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INVALID COOKERY RECIPES.

ACCIDULATED RASPBERRY SYRUP.

Put 7lbs. of raspberries into a basin with a pint of water, in which has been dissolved 1oz. of tartaric acid, and let it remain 24 hours, then strain it, taking care not to bruise the fruit. To each pint of liquor add 1½lbs. of sugar, stir till dissolved. Leave it for a few days, then bottle it close. Strawberry syrup is made in the same way, using citric acid instead of tartaric acid.—Mrs. Highton, Mayoress of Workington.

BARLEY WATER.

Barley Water is very nourishing. Rice Water is said to be good in cases of diarrhoea.—Mrs. Highton, Mayoress of Workington.

BARLEY WATER.

To make Two Gallons.— $\frac{1}{4}$ lb. barley, $\frac{3}{4}$ lb. loaf sugar, 5 lemons. Have ready the lemon juice and sugar. Cut up one lemon in slices with the peel on, taking care to remove all pips (if these are left in the drink is bitter). Add to juice and sugar. Put the barley in water and boil for not more than five minutes. Strain boiling on to the juice and sugar, and fill up with warm water.—Mrs. Debenham, Mayoress of St. Marylebone.

"ST. IVEL" LACTIC CHEESE.

Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol.

BEEF JUICE.

Cut a thin juick steak into pieces $1\frac{1}{2}$ inches square. Brown separately $1\frac{1}{2}$ minutes on each side before a hot fire, squeeze in a hot lemon squeezer, flavour with salt and pepper. This may be added to milk or poured on toast.—Mrs. R. E. Highton, Mayoress of Workington.

BEEF TEA FOR INVALID.

1lb. Leg of Beef. Cut up, put into a jar with a good cup of water and a pinch of salt, and cover closely. Stand in a saucepan of cold water and boil for eight hours, then take meat out from the gravy. This is very good for invalids, and when cold a little of the jelly may be given or dissolved in hot water.—E. H.

BEEF TEA.

1lb. Beef, 1 pint of cold water. Chop the beef and put it in the cold water to digest for two hours. Simmer on range for three hours. Be careful that it should not boil. Make up for water lost by adding cold water, so that a pint of tea represents a pound of beef. Press the beef carefully and stir.—Mrs. R. E. Highton, Mayoress of Workington.

BEEF TEA (RAW).

Equal quantities of beef and water. Scrape the meat finely and soak in water for half an hour. When all the juices are drawn into the water strain it, pressing meat well. Use rump steak for this. A valuable remedy in cases of extreme exhaustion.—Mrs. R. E. Highton, Mayoress of Workington.

BEEF TEA JELLY FOR INVALIDS.

2lbs. of best gravy beef (not shin), 1 large calf's foot, 2 quarts of water, a pinch of cloves, allspice and peppercorns. To be kept simmering 8 or 9 hours till meat and foot are boiled to "rags." When done to be skimmed. The fat is best taken off when cold. For an invalid, 1 tablespoonful of jelly two or three times a day.—Mrs. Robert Druitt, Mayoress of Christchurch.

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Try **NELSON'S** Economical and
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A CALF'S FOOT BOILED.

An invalid's dish is boiled calf's foot. It must be boiled for five hours to make it easily digested. It is nothing but gelatinous substance, which, if not well boiled, is tough and uneatable, but by long and slow boiling it becomes soft as jelly and is very palatable and easy to digest. It is served with parsley sauce over it.—Mrs. R. E. Highton, Mayoress of Workington.

CHICKEN SOUP FOR INVALIDS.

Take the legs or breast of a chicken, and put into a pan with rather more than a pint of water and a large teaspoonful of rice. Simmer until tender, then take from the bones, pound into a paste, and put back into the soup. Add seasoning, and if thought advisable stir in a little cream.—The Mayoress of Wallasey (Mrs. Jas. T. Chester).

SAVOURY CUSTARD FOR INVALIDS.

Take a teacupful of strong beef tea, the same quantity of milk, a well-whisked egg, and a little salt. Mix well and pour into a greased mould. Place the mould in a pan of boiling water until set. It is highly nutritious and very appetising.—Mrs. J. T. Wightman, Mayoress of Doncaster.

CRUEL.

Gruel, when well cooked, is both nourishing and digestable. The oatmeal should be steeped, and it must always be strained.—Mrs. Highton, Mayoress of Workington.

NELSON'S for Quality and Economy.

INVALID PUDDING.

Two tablespoonfuls of flour, 2 tablespoonfuls of castor sugar, a small piece of butter, $\frac{1}{2}$ pint of milk stirred in quickly boiling. When nearly cold put in 2 eggs, well beaten. Boil $\frac{3}{4}$ of an hour or steam an hour. Half the quantity will be sufficient for an invalid or young child.—Mr. J. T. Felton, Mayor of Evesham.

INVALIDS' PUDDING.

1 Egg, 1 teaspoonful of arrowroot, 1 teaspoonful of sugar, $\frac{1}{2}$ pint of milk, a little lemon rind. Mix the arrowroot to a smooth paste with a little of the milk, put the rest of the milk in a saucepan with the lemon rind, and pour the milk on to the arrowroot, return to the pan and stir until it boils. Allow to cool slightly, separate the white from the yolk of the egg, then stir the yolk of the egg into the pudding, and lastly the white beaten very stiffly. Pour into a pie dish and bake for a few minutes until nicely browned.—Mrs. H. W. Hitchen, Mayoress of Chorley.

JELLY OF BREAD—FOR A SICK PERSON.

Slice the crust of a stale loaf very thin into cold water, then boil it till it is soft like Panado ; then stir in some orange peel and juice with some sugar. Pour it into little cups and it will turn out like Flummery.—Countess Brownlow, Mayoress of Grantham.

FRESH ORANGE JELLY—VERY REFRESHING WHEN ILL.

1oz. Gelatine, 6ozs. loaf sugar, 2 oranges, 1 lemon, 1 quart of water. Soak the gelatine in $\frac{1}{2}$ pint of cold water until absorbed. Then pour over $1\frac{1}{2}$ pints of boiling water and stir until dissolved. Put into a saucepan, china lined, with 6ozs. loaf sugar, the peel of 2 oranges, 1 lemon, and the juice of all three. Then boil five minutes without stirring, and then pass through a piece of muslin. Pour into a mould, previously soaked with cold water, and put into a cool place to set.—Mrs. J. W. Martin, Mayoress of Reading.

MILK.

Milk can be taken by those with a weak digestion by first curdling it by the addition of a little rennet, and the curds and whey thus formed beaten up together; a little salt and pepper added. The stomach is saved the operation of curdling, which is the cause of the disagreement.—Mrs. R. E. Highton, Mayoress of Workington.

NOURISHMENT FOR AN INVALID.

Put 2 eggs into a basin (leaving shells on them), squeeze the juice of 2 lemons on them, frequently putting juice over them with a spoon, and when shells are entirely dissolved beat well and strain through muslin. Add sugar and rum to taste. It takes about 24 hours to make.—Mrs. Frank Cant, Mayoress of Colchester.

SOLE FOR INVALID.

Grease a fire-proof dish. Lay the sole in, cover with greased paper and bake for 15 to 20 minutes.—Mrs. R. E. Highton, Mayoress of Workington.

A SIMPLE NIGHT-LIGHT FOR A SICK ROOM.

Take a small piece of candle and heap salt all round the wick as far up as the black part. Press the salt round firmly, when lit the candle will burn with a steady faint light, and will be consumed very slowly.—Mrs. A. M. Miller, Wife of the Provost of Rothesay.

JAM AND JELLY HINTS.

When making Jelly never squeeze the jelly bag, as that will make the jelly muddy.

Apple Jelly is much improved by being flavoured with a little lemon peel and juice.

Rhubarb added to Raspberry will greatly decrease the cost and need not alter the flavour.

The Kentish and Morella Cherries are the best for making jam.

JAMS AND JELLIES.

JAM MAKING.

In making jam three spoonfuls of glycerine to every pound of fruit will prevent fermentation and all risk of the sugar crystallising.—Miss B. H. Taylor, Mayoress of Mansfield.

APPLE GINGER.

7lbs. Apples, 5 $\frac{1}{2}$ lbs. crystallised sugar, 1lb. preserved ginger. Pare and core apples, slice in pieces, put in cold water for six hours or so. Take out of water and put in pan with sugar to boil. Put ginger in five minutes before taking off. Cut ginger in small pieces.—Mrs. Miller, Wife of Provost Miller of Rothesay.

APPLE GINGER.

2lbs. Apples (peeled, cored and cut in squares), 4lbs. lump sugar, 1 $\frac{1}{2}$ ozs. essence of ginger, 1 quart of water. Put the sugar and water into the pan together and boil for 25 minutes, then add the apples and boil one hour without stirring. The essence of ginger to be added (and well stirred in) directly the preserve is taken off the fire.—Mrs. S. H. Dening, Mayoress of Chard, Somerset.

Specialities of St. Ivel, Limited.

“ST. IVEL” LACTIC CHEESE.

Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol.

APPLE MARMALADE.

6lbs. apples, cored and quartered. $1\frac{1}{2}$ pints water—if apples are not very juicy. When properly pulped add 6lbs. of loaf sugar and the rind of two lemons finely grated. Boil 30 minutes and then add the juice of the two lemons and boil two minutes more. Put into glass (or other kinds) moulds as it will turn out prettily for table.—Mrs. F. E. Wallis, Mayoress of Maidstone.

APRICOT JAM.

7lbs. Apricots, 7lbs. sugar and 1 pint of water. Time, one hour, boiling smartly. Put the sugar and water into a pan.. To melt the sugar boil a few minutes to clear. Peel the apricots (using a silver knife), split, take out the stones, extract the kernels, scald them to remove the skins, and add to the fruit. Put into the pan and boil one hour, or until it hangs in drops from the edge of the spoon. To peel the fruit have a small pan of boiling water, place a few apricots (about six) in at a time just to scald, and remove from the water when the colour changes. The skin peels off quite easily, and when all are peeled begin to split, etc.—Mrs. Wm. Bridge, Mayoress of Bury, Lancs.

DRIED APRICOT JAM.

Thoroughly wash 1lb. of dried apricots in warm water, in order to remove any dust, etc., that may have dried with the fruit. Drain the fruit and place in preserving pan, add 3 pints of water and leave 24 hours. Simmer gently until the apricots can be mashed easily, add 3lbs. of loaf sugar, 1oz. of sweet almonds, blanched and split. Boil rapidly for half-an-hour. Test in the usual way.—Mrs. C. H. Margrett, Mayoress of Cheltenham.

“ST. IVEL” Royal Yoevil Sausages.

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Unique in Flavour and Excellence.

APRICOT JAM.

2lbs. dried Apricots 2ozs. almonds, 5lbs. sugar, 5 pints water. Soak apricots 12-24 hours in 5 pints of water. Boil for 20 minutes, then add sugar and almonds (cut into small pieces), and boil for half-an-hour.—Mrs. Wm. Thomas, Mayoress of Carmarthen.

APRICOT JAM (FROM DRIED APRICOTS).

Soak 1lb. dried apricots for 24 hours in 2 quarts of boiling water. Then boil the fruit and liquor 1½ hours, add 4lbs. lump sugar and 2ozs. blanched sweet almonds, and boil for one hour. Cut the almonds into pieces.—Miss Alice L. Hall, Mayoress of Adleburgh, Suffolk.

BANANA AND BLACK CurrANT JAM.

Take three ripe bananas and mash with a knife. Mix well together with $\frac{1}{2}$ lb. of black currant jam. To be eaten with bread and butter.—Mrs. A. Wilkinson, Mayoress of Luton, Beds.

BLACKBERRY JELLY.

Wash the berries and drain. Put, without water, into a large crock and set, covered in a pot of water. Bring slowly to the boil, and keep this up until the fruit is broken to pieces. Strain and measure the juice. Return to the fire in a preserving kettle and heat again. Meanwhile spread upon shallow pans as many pounds of sugar as you have pints of juice, and set in the oven. Stir often to prevent burning. Let the juice boil hard 20 minutes after the bubbling begins again, and dump in the heated sugar. It should be hot enough to sizzle as it touches the liquid. Boil one minute after it is dissolved and fill your jelly glasses, which should be rolled in hot water leaving the inside wet. Should the jelly fail to "firm" as you would like it set the glasses in the sun all day, covering with glass to keep flies and dust out. When it is firm cover with melted paraffin and fit on metal tops.—Mrs. William Thorne, Mayoress of Tiverton.

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BLACKBERRY AND APPLE JAM (SEEDLESS).

10lbs. of Blackberries, 7lbs. of apples (weighed after preparing), 1 stone of preserving sugar, water. Put blackberries into preserving pan with sufficient water to well cover them and boil for half-an-hour. Prepare some good cooking apples in the same way as for pies, enough to weigh 7lbs. when finished. Bake these in a stone jar until very tender, break up any lumps there may happen to be. Rub the blackberries through a wire or hair sieve until all the juice and flesh are extracted, pouring another good quart of boiling water over the seeds to get out all the goodness. Put all this thick cloudy juice into preserving pan together with the baked apples and sugar, and boil until a little will set on a plate. Time about one hour or a little more for second boiling.—Mrs. C. W. Perry, Mayoress of King's Lynn.

BLACK CURRANT JAM.

1½lbs. Fruit to 2 breakfastcupfuls of water. Boil for $\frac{1}{2}$ hour, then add 3lbs. of sugar to that quantity, and boil for 10 minutes. As a rule black currant jam grows very stiff and hard, but this recipe I have proved and found delicious.—Mrs. Wilson, Wife of the Provost of St. Andrew's.

BOTTLING PEARS.

Make a syrup of sugar and water, allowing about half-a-pound of sugar to a pound of pears, allow this to boil, then drop in the pears and cook until tender. Do not allow them to break. Put the pears into bottles while boiling and fill up with the syrup. Seal and put away to prevent the bottles breaking with the boiling fruit, place bottle while filling in a pot of boiling water. The pears should be pared, cut in halves and cored.—Mayoress of S.

NELSON'S Creams,
 (For Luncheon, Dinner or Supper).

RED Currant JAM.

4lbs. Currants (without stalks), 4lbs. lump sugar. Slightly crush the fruit and sugar, and put all together in a preserving pan, stirring gently until it boils, then boil very rapidly for seven minutes. This jam has a delicious fresh fruit flavour, and jellies and keeps as well as if boiled a longer time. White currant jam is made in the same way.—Mrs. S. H. Dening, Mayoress of Chard.

COMPOTE OF FRUIT.

1 pint of Rum, 6lbs. of fruit, 6lbs. of sugar. Put rum into a jar with a good stopper and that can be made air-tight. Add all fruits that come in season, strawberries, raspberries, cherries, plums, ripe pears, nectarines, peaches, apricots. Equal parts of fruit and sugar at each addition. Large fruit to be cut and stoned. Stir well each time from the bottom. Tie down and store three months.—Mrs. R. E. L. Penhale, Mayoress of Great Torrington.

MARROW JAM.

14lbs. Marrow, 12lbs. sugar, 10 lemons, juice and grated peel, 4ozs. essence of ginger. Peel the marrow and take out the inside and pips, cut the marrow into small square pieces, put about 4lbs. of sugar on it and let it stand all night, and then add remainder of sugar. Boil up gently at first, it can boil faster later on, add ginger a little while before the jam is done. It takes about 3 hours.—Mrs. E. Duke, Mayoress of Eastbourne.

ORANGE MARMALADE.

2lbs. Seville oranges, 1 lemon. Cut them into halves, squeeze out the juice, remove the pips, cut the rind in very thin slices, add the juice to the rind and six pints of water. Let it stand 24 hours, then boil until soft, which will take five or six hours. Let it stand in a jar for 12 hours, then add 1½lbs. of loaf sugar to each pint of liquid. Boil for one hour.—Mrs. C. Watson, Mayoress of Sandwich.

ORANGE MARMALADE.

1lb. of Seville oranges, slice them (not too thin) but do not skin them. Take out the pips, pour over them six quarts of cold spring water, then stand 24 hours. Boil them in the same water slowly for two hours. Add 8lbs. of loaf sugar, boil the compound for $1\frac{1}{2}$ hours. After it boils just before taking it up add the juice of two lemons. This makes 12lbs.
—Mrs. S. Edwards-Jones, Mayoress of Wrexham.

ORANGE MARMALADE.

To every 12 Seville oranges allow the juice of 6 sweet ones and 6 pints of water. $\frac{3}{4}$ lb. of Sugar to each pound of fruit and water mixed. Cut the oranges in quarters and scrape out the fruit, shred the peel finely with a sharp knife. Set the pips aside in a small basin and scald with about a gill of boiling water. Strain when cold on to the fruit mixture. (This helps the marmalade to stiffen.) When the fruit is cut, add the 6 pints of cold water and the juice of the 6 sweet oranges, and allow this to stand 24 hours. Then (without sugar) set the orange water on to boil in a preserving pan. When it comes to the boil let it boil quickly for 5 minutes. Pour it into a bowl and set it aside till the next day—it will now look muddy). The next day weigh the mixture and allow $\frac{3}{4}$ lb. of white sugar to each pound of fruit, etc. Allow it to boil steadily about 50 minutes from the boiling point.—Mrs. F. S. Thomas, Mayoress of Blackburn.

MARMALADE.

Take 6 Seville oranges and cut them in slices, take out the pippins and put them into a jar with a little water. Pour over the sliced oranges 2 quarts of water and let them stand 24 hours, then boil until the peel is quite tender. Take off the fire and let it remain until it is perfectly cold, then strain the pippins and add the water and 7lbs. of sugar, and boil for half an hour.—Mrs. James Malkin, Mayoress of Glossop.

MARMALADE.

2lbs. bitter Oranges, 8lbs. sugar, 2 lemons. Cut up the oranges in chips, put seeds in basin with $1\frac{1}{2}$ pints of cold water, stand 24 hours. Cover chips and pulp with $4\frac{1}{2}$ pints cold water, stand 24 hours. Strain liquid off the seeds. Put liquid among chips and pulp and boil one hour. Put into basin and stand 24 hours. Boil with sugar 20 minutes.—Mrs. Robert Husband, Wife of Provost Husband of Dunfermline.

ORANGE MARMALADE (SEVILLE).

12 Seville oranges, 10lbs. of best lump sugar, and 12 pints of water. Divide the oranges, take out all the pips and put in a basin with one pint of cold water to stand 24 hours. Then cut up all the pulp small and put in a pan with the 11 pints of water. Cut all the rind very fine and throw in all together with the pulp to stand 24 hours, then put in the preserving pan to boil rapidly for an hour, adding the juice from the pips. Then add the sugar and boil for $1\frac{1}{4}$ hours, or if not set enough boil a little longer, then put in bottles and tie down cold. This has always turned out well.—Mrs. H. J. Spiller, Mayoress of Taunton.

SEVILLE ORANGE MARMALADE.

Wipe and weigh the oranges and place in a stewpan with enough cold water to cover, being careful they do not float, simmer gently for four hours, when they should be quite soft. While cutting put 2lbs. best cane sugar to each pound of oranges into the water they have boiled in, return the pulp and wash pips and put in the water they are washed in, throwing away all pips. Cut the peel into thin shreds and return to stewpan with sugar and pulp. Boil the whole for 20 minutes briskly, stirring continuously. Should cost 3d. per lb. (pots not included) and will sell readily for charities at 6d. per lb.—Mrs. Bowles, Mayoress of Falmouth.

Specialities of St. Ivel, Limited.

"ST. IVEL"

FAMOUS VEAL and HAM PIES.

ORANGE MARMALADE.

Take 12 Seville oranges, cut them in thin slices, take out the seeds, pour 6 quarts of water over them and let it stand for at least 24 hours. Then slowly boil for 2 hours in the same water, after which add 8lbs. sugar and boil $1\frac{3}{4}$ hours (be careful or it will burn after sugar is in). Before taking it off add the juice of 2 lemons. This should make 12 or 14lbs. of marmalade.—Mrs. F. A. Prance, Mayoress of Basingstoke.

PRESERVED PEARS.

Peel the pears, cut each in half, stick 2 cloves in each half, pack them in a stone jar with sugar ($\frac{1}{2}$ lb. to each lb. of fruit). Pour a claret glass of cooking port wine over them (1 glass per 2lbs. fruit). Close the well-fitting lid carefully, place in moderate oven to stew slowly, and leave in the oven all night so that the heat gradually decreases. The fruit should be a dark red brown colour and tender when finished, and makes an excellent sweet for a cold luncheon, etc. Can be kept some months if kept air-tight.—Mrs. H. C. Vincent, Mayoress of Bangor.

RHUBARB JELLY.

Cut 2lbs. of pink rhubarb into small pieces, put into a jar with 1lb. of lump sugar and about $\frac{1}{4}$ pint of water. Cover and set in the oven till juice is all drawn. Strain it and dissolve 1oz. gelatine in $\frac{1}{2}$ pint of the liquid. Then add the juice and rind of one lemon, boil all together 10 minutes and pour into a mould just dipped in cold water. Stand in a cool place.—Mrs. A. S. Bury, Mayoress of Accrington.

"ST. IVEL" LACTIC CHEESE.

Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol.

RHUBARB JAM.

6lbs. Rhubarb, 7lbs. of sugar, 1lb. of figs, the rind of 2 lemons (grated), and boil one hour.—Mrs. James Malkin, Mayoress of Glossop.

RHUBARB (PRESERVED).

12lbs. Rhubarb (thick), wipe with dry towel, cut into lengths of 4 or 5 inches, place rhubarb in an earthenware pan with 11lbs. of lump sugar, slice 2 lemons and add them with about 1oz. of ground ginger (to the rhubarb), allow it to stand 3 days, then strain off the syrup and boil it in preserving pan for 20 minutes, add the pulp, boil for one hour, then pour into large jars and seal up for winter use.—Mrs. C. T. Richards, Mayoress of Wolverhampton.

RHUBARB AND APPLE JAM.

Wipe, core, peel and cut up 7lbs. of apples. Wipe and cut up a like amount of rhubarb (when cutting lay several stalks on the board together and cut at the same time). Cover this fruit with 14lbs. sugar and leave for one or two nights. By this time the sugar will be nearly all dissolved. Place in jelly pan and heat slowly till all the sugar is quite dissolved, then boil briskly for 20 or 30 minutes. Pot and cover when cool.—Mrs. Porter, Wife of the Provost of Anstruther Wester.

RHUBARB MARMALADE.

Half-pint of water, 6lbs. of loaf sugar, 7lbs. rhubarb, 6ozs. almonds, 5 lemons. Put peel of lemons (cut in thin slices) with water and sugar and boil well quarter-of-an-hour. Then add the juice of the lemons and stir well, then put in the rhubarb. When it boils up again put in the almonds (blanched) cut in slices. Boil all well about 1½ hours.—Mrs. A. E. Preston, Mayoress of Abingdon, Berks.

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FOR STEWING PEARS.

Peel the pears and take out the core putting a piece of lemon peel and two or three cloves in the hole, to every pound of pears $\frac{3}{4}$ lb. sugar, also add $\frac{1}{2}$ pint of water to every pound. Put some cloves and cinnamon in a muslin bag tied up, they must simmer, not boil, for three or four hours. When done take the pears up and boil and skim the syrup for 15 minutes, then strain and when cold put the pears into it, and it will keep good for 12 months.—Mrs. J. W. Fulford, Mayoress of Bideford.

TOMATO JAM.

To 1lb. of Tomatoes (scald them) put 1lb. of sugar and nearly 1 pint of water, 2 lemons, the juice and rind grated, and boil until it becomes a jelly.—Mrs. S. Clough, Mayoress of Keighley.

TOMATO JAM.

Scald and skin the tomatoes, and to every 2lbs. of fruit allow 2lbs. of sugar, 1 teaspoonful of ground ginger, and the juice and grated rind of a lemon. Mix the tomatoes, sugar, ginger, and the white of one egg all together, and keep skimming after it comes to the boil till quite clear. Boil slowly for $1\frac{1}{2}$ hours.—Mrs. R. E. Highton, Mayoress of Workington.

VEGETABLE MARROW PRESERVES.

First peel the marrow, take out the pith, then cut in pieces about the size you would for apples for a pie. To 1lb. of marrow put $\frac{3}{4}$ lb. of sugar, and to every 3lbs. add the juice and peel of one large lemon, the peel to be cut very fine. Boil from 2 to 3 hours.—Mrs. W. V. Moore, Mayoress of Wilton.

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VEGETABLE MARROW JAM.

To every pound of marrow $\frac{1}{2}$ lb. sugar, rind and juice of lemon, $\frac{1}{2}$ oz. whole ginger. Peel marrow, remove seeds, cut small, put in pan with the sugar, lemon juice, ginger, stand all night, pour off the juice and boil. Add the marrow, boil for 2 hours till thick and transparent.—Mrs. Weston Miller, Mayoress of Wisbech.

VEGETABLE MARROW JAM.

Take a full-sized marrow, say 5lbs., remove the seeds, peel it and cut in pieces about 2 inches long. Put them in cold water for 12 hours, then take out and weigh, and to each lb. of marrow allow 1lb. of lump sugar (crushed), then let it stand 12 hours covered with the sugar, add the juice and peel of 3 lemons, cut very fine. Tie up in muslin 2ozs. whole ginger and 2 doz. cayenne pepper pods slightly bruised; this to be taken out when the syrup is hot enough according to taste. Boil all gently till the marrow looks clear, and the syrup rather thick. It generally takes about 2 hours gently boiling.—Mrs. S. H. Puckle, Mayoress of Bishop's Castle.

MARROW GINGER.

Take a large marrow, pare and remove plup and seeds, and cut in pieces about an inch long. Sprinkle a little moist sugar on them and stand all night. To every 1lb. of marrow take 1lb. of loaf sugar, the juice and rind of one lemon, and 1oz. of bruised ginger, boil gently together till quite soft, but not pulpy.—Miss C. Fenton, Mayoress of Stalybridge.

NELSON'S Custard Powder.

WINDFALL APPLE JELLY.

Wipe and stalk any small apples, or windfalls, but do not peel or core them, cut out all bruised or decayed parts. Three parts fill a pot with them, with enough cold water to cover them. Cook to a pulp—put into a jelly bag, and let it run through all night. Weigh the juice and to each quart add 1lb. of sugar, 6 or 7 cloves, a little nutmeg, and rind, thinly pared, and the juice of one lemon. Boil until thick, remove the spice and pot it. When cold it should be solid.—Mrs. A. L. Forrester, Mayoress of Malmesbury, Wilts.

LAUNDRY HINTS.

To Wash Flannels.—Have warm water, using Soap Jelly or Lux, and add a tablespoonful of liquid ammonia. Let the things lay in this water for a quarter of an hour, then they need to be done without delay in two nice waters of this mixture. Then rinse them in a nice warm water with a little blue in, shake well and hang out to dry. If dried indoors keep them back from the fire. When nearly dry run them over with a warm iron; this makes them nice and soft. Woollen skirts can be washed in this way, and look very nice, too, if turned to the wrong side first and shaken well. It is well to pick a windy day for these.

Colour Preservative.—Lemon juice used in the washing water is an excellent preservative of the colour for blue or green articles.

Mauve is a colour which has the reputation of fading most easily, but a small quantity of soda added to the water will keep the colour bright.

To make Lace and Muslins Firm.—Two or three leaves of ordinary gelatine dissolved in the last rinsing water will give firmness to delicate things, such as laces and fine muslins, and will not stiffen them like starch.

To Wash New Blankets.—Soak for 2 or 3 hours in plenty of cold water with 2 or 3 good handfuls of salt. Ring out and wash by dollying them through 2 or 3 waters, in which a lump of borax has been dissolved, and Lux or soap jelly. Add a little blue to the rinsing water, which should be nice and warm, and ring and shake well. Windy days are the best for washing blankets.

A Good Cold Water Starch.—Add to a making of starch a tablespoonful of powdered borax, 2 tablespoonfuls of turpentine and 2 tablespoonfuls of glycerine, and it will make an excellent starch.

To Prevent Starch Sticking to the Clothes put a teaspoonful of salt to a making of starch, hot or cold.

To Prevent the Iron Sticking.—Rub the Iron on salt sprinkled on paper. The Iron will keep smooth if treated in this way and will not stick.

To Remove Iron Mould from Clothes.—Fill a vessel with boiling water, and put salts of lemon over the iron mould and press it against the outside of the vessel containing the boiling water, and the iron mould will soon disappear. This has been successfully tried.

To Prevent Clothes having a Streaky appearance add a little washing soda to the blue water when bluing.

Always Soak Muslins or Curtains in luke-warm water with a little borax in, and leave for quite an hour. Then wring well, not with hands, but through the wringer. Then put them into some nice water with Lux or Compo.

To Clean a White Woollen Shawl spread the shawl over a clean table and powder it well all over with powdered starch (Robin Hood), then fold it and as you fold powder it at every fold, press well and roll in a sheet. Leave for five or six hours, then rub with hands as if you were washing it, and shake thoroughly. The shawl should look like new.

To Wash a White Silk Blouse.—Wash in luke-warm soapy water. Do not rub, only the parts that are badly soiled, then rinse, still in luke-warm water. Do not wring, but squeeze some of the water out and roll in a dry cloth. Let it lie several hours, then iron.

Black Lace washed in tea instead of water, and ironed while wet between several thicknesses of brown paper, will revive the colour.

To Restore Colour Taken Out by Acids.—Salvolatile or hartshorn will suffice for this purpose. It may be dropped on silk without doing any injury.

To Restore Velvet.—When velvet gets plushed from pressure, hold the reverse side over a basin of boiling water will raise the pile and perhaps it may also succeed in the case of wet from rain.

To Iron Velvet.—Having ripped the velvet apart damp each piece separately, and holding it tightly in both hands, stretch it before the fire, the wrong side of the velvet being towards the fire. This will remove the creases and give the material a fresh and new appearance.

To Restore Scorched Linen.—Take 2 onions, peel and slice them, and extract the juice by squeezing or pounding. Then cut up $\frac{1}{2}$ oz. of white soap and 2 ozs. of Fuller's earth, and mix with them the onion juice and $\frac{1}{2}$ pint of vinegar. Boil the composition well and spread it when cool over the scorched part of the linen, leaving it to dry thereon. Afterwards wash out the linen.

To Remove Mildew.—Mix some soft soap with powdered starch, half as much salt and the juice of a lemon. Lay it on the part with a brush. Let it be exposed in the air day and night until the stain disappears.

Flannelette can be made non-inflammable if you put a large spoonful of borax in the rinsing water.

Lace may be stiffened with lump sugar instead of starch. Put four lumps in a teacup of boiling water and use in the same way as starch.

MEATS.

MEAT HINTS.

Meat will be preserved if well warmed through in the oven and sprinkled with salt.

Good Meat is firm, clean, smells sweet and is free from moisture.

Good Beef has an open grain, smooth and juicy, and is of a rich carnation colour. The fat is of a fine cream colour, the bone should be small and the flesh full.

Button has a rich red colour, juicy and close in the grain, and the fat is white.

Specialities of St. Ivel, Limited.

“ST. IVEL” LACTIC CHEESE.

Prepared with the Pure Culture of the *Bacillus Bulgaricus* of Massol

Pork should be close grained, fat firm and solid, and of a pinkish white.

Dry Frying.—Make the frying pan hot, then put in the fat. When it is hot put in the meat to be fried. As soon as each side has been well sealed up moderate the heat and allow to finish gradually.

Frying Bacon.—Put it into the pan as soon as the pan is warmed. This loosens the fat without frizzling it. The common mistake in dry frying is putting the meat into the fat before it is properly melted. This allows the juices to escape and the meat is tough and dry.

A RULE.

Over every range ought to be framed the rule:—Slow cookery is good cooking for all meats and stews.—Mrs. Muir Mackean, Wife of the Provost of Paisley.

BEEF AND HAM ROLL.

1lb. of Beef Steak, 1lb. of ham, $\frac{1}{2}$ lb. of breadcrumbs, 1 salt-spoonful of mace, grate half a nutmeg, 1 teaspoonful of pepper, 1 dessertspoonful of salt. Put all through a mincing machine and mix well. It is advisable to put ham and beef through mincing machine twice. Bind the mixture with two eggs, roll in form of sausage. Wrap in buttered paper, then tie very tightly in cloth. Place in a pan of boiling water and boil for 3 hours. Glaze it and serve cold. Glaze:—Dissolve a little gelatine in a little Bovril.—Mrs. W. F. Fenton-Jones, Mayoress of Hackney, N.E.

“ST. IVEL” Royal Yoevil Sausages.

As supplied to Her late Majesty Queen Victoria,
Unique in Flavour and Excellence.

BEEF KIDNEY (HOW TO DRESS IT).

Take a beef kidney, remove all the fat from the inner portion, and cut into neat slices of an inch and a half thick. Roll each piece of kidney in flour well seasoned with pepper and salt, place them in an earthenware jar and just cover the contents with water, stir well and put the jar into the oven (a hot one for preference) until tender. The following morning take out each piece of kidney from the gravy (which should be thick and savoury ; return the jar to the oven to heat the gravy, and put the kidney in a Dutch oven to brown thoroughly. Serve with strips of rolled bacon, and pour the gravy from the jar over the browned kidney. This is a delicious breakfast dish and is easily cooked, as it is prepared the previous day.—Mrs. George Woodhouse, Mayoress of Ludlow, Shropshire.

BEEF MOULD.

1lb. lean Beef, $\frac{1}{2}$ lb. smoked bacon (rather lean), $\frac{1}{2}$ lb. bread crumbs, 2 eggs, a little pepper, salt and nutmeg. Put beef and bacon through mincing machine, twice beat the eggs and mix together. Put into a round earthenware butter dish, cover over with greased paper, and steam for three hours with the water well below the top of dish. A little gristly leg beef well stewed while the mould is steaming, the liquid used to fill up the mould, is a great improvement.—Mrs. Samuel Shaw, Mayoress of Ilkeston.

BEEF OLIVES.

Slices of undercooked roast beef, bread crumbs, sweet herbs, pepper and salt, and gravy. Cut the slices of meat very thin, spread upon each slice a stuffing made from the above ingredients, roll up lightly and tie with string. Have ready in a saucepan some good gravy, lay in the olives, and let simmer half-an-hour. Take up, remove string, pour gravy over and serve very hot.—Lady Fraser, Mayoress of Nottingham.



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BEEF OLIVES.

1½ lbs. of thin steak, 4 tablespoonfuls of bread crumbs, 1 tablespoonful of flour, 1 pint of second stock, a few drops of gravy browning, 1 egg, 1 dessertspoonful of parsley, 1 dessertspoonful of sauce (Mellors), 2ozs. of suet, pepper and salt. Cut the steak into four inches square, prepare the seasoning by mixing together breadcrumbs, parsley, suet (1oz.), and seasoning, and bind together with a little beaten egg. Into each piece of steak put an equal part of fat from the meat and seasoning; roll each olive in seasoned flour, heat the remainder of the suet and put them into it, after which pour over the stock and add flavourings. Simmer for two or three hours. Take off the strings and serve with the gravy poured over.—Mr. J. T. Felton, Mayor of Evesham.

BEEF ROLL.

3lbs. Lean Beef, ¼lb. fat bacon, ¼lb. bread crumbs, 2 eggs, salt and pepper, and a little nutmeg. Put the meat and bacon through the mincing machine, then mix with bread crumbs and eggs. Roll in a cloth and boil like a pudding about 2½ hours. Put it on a dish and place another dish over it to press it into shape (generally the shape of a roly-poly pudding is most convenient). When cold take out the cloth and glaze over.—Miss Marjory Lees, Mayoress of Oldham.

BEEF ROLL.

1lb. Steak, ½lb. bacon or ham, 6ozs. bread crumbs, 2 eggs (hard boiled), pepper and salt. Put the meat through the mincing machine, mix all together, make into a sausage (enclosing the eggs), tie in a cloth, boil three hours, leave in the cloth till cold, then brush over with meat glaze.—Miss Eveline Anderson, Mayoress of St. Ives, Hunts.

BEEF ROLL.

1lb. Raw Steak, ½lb. raw loin. Put these two or three times through the mincing machine, add ¼lb. of bread crumbs, salt, pepper, mace and cayenne to taste, and a little nutmeg. Mix all together with 2 well-beaten eggs, shape like a roly-poly pudding. Tie in a cloth and boil fast for 3 hours, do not remove the cloth till cold, then glaze or cover with browned crumbs.—Mrs. Walter Fennell, Mayoress of Ripon.

NELSON'S Fruit Puddings. (New and Delicious Table Delicacy).

BEEF ROLL.

1lb. of lean Beef, 1 egg, $\frac{1}{2}$ lb. fat bacon, stock, $\frac{1}{4}$ lb. bread crumbs, and flavouring. Mince beef very fine and mix in bread crumbs, damping with well-beaten egg; flavour, and if not damp enough, add a little stock or milk. Flatten out and put a hard-boiled egg cut in slices down the middle, roll over and tie tightly in a well-greased pudding cloth, boil for $1\frac{3}{4}$ hours, turn out, press and glaze, or roll at once in raspings.—Mrs. A. Monro, Mayoress of Godalming.

BEEF ROLLS (COLD MEAT).

The remains of cold roast meat, seasoning to taste of salt and pepper and mixed herbs, puff paste. Mince beef finely and herbs, and season with salt and pepper and herbs, make puff paste and roll and lay on patty tins and bake $\frac{1}{2}$ an hour, or longer if rolls are very large.—Mrs. S. Wood, Mayoress of Wigan.

BEEF STEAK PUDDING.

Butter a round pudding basin, line it with the paste, as above, then roll about half-an-inch thick. Cut 2lbs. of beef steak into small pieces, season well, and dredge with a little flour. Cover with a cloth and boil for two hours.—Mrs. A. Jervis, Mayoress of Crewe.

BRAWN.

Cut up 1lb. of shin of beef into small pieces and place in a stew-pan with one pig's foot, 1 teaspoonful of gravy and sufficient salt and pepper to flavour. Stew all day, keeping well covered with water, then take out the bones and pot. This quantity should make a pint and a half when done.—Mrs. A. Wilkinson, Mayoress of Luton, Beds.

NELSON'S Table Specialities— Various Flavours.

CANTERBURY BRAWN.

Take the head of a young pig, scald it, and thoroughly cleanse, then halve it, removing the tongue, brains, snout and eyes. Place the two halves and tongue in a crock and soak for 24 hours in strong salt and water, changing the water twice or thrice. Then drain and dry with a cloth. Replace in a dry crock, and rub with a mixture composed of three-quarters of a pound of salt, a quarter pound of saltpetre, 20 pepper corns, 10 cloves, and a dessertspoonful of mixed spice. Repeat this process for four days, then drain, and place the head and tongue in separate stewpans, covering them with warm water. Throw in a bunch of sweet herbs, the rind of half a lemon, and a carrot, to the stewpan containing the head. Let both boil very gently. The tongue must be taken off when tender and peeled, the head should remain simmering for four hours, and both pans should be carefully skimmed from time to time. When quite cooked the head should be removed from the pan, and the flesh carefully taken from the bones. Cut into small pieces and season with red and white pepper, adding a few truffles and a very little finely chopped lemon peel. While still warm put into a tin or mould, into which the tongue has been previously curled, and press down with a heavy weight. This brawn, for which Canterbury has been famous for more than seven hundred years, may be varied by more or less salting, and the addition of a teaspoonful of white wine vinegar or lemon juice. It may also be improved by the addition of other of the finest parts of the pig, or a pound or so of the best boiled beef, or it can be enriched by adding the boned meat of a boiled capon or young fowl, and substituting an ox tongue for that of the pig. In this case only the best part of the tongue should be used, and it should be cut into large squares. A few pistachio nuts, and some whole truffles are a still further improvement. Canterbury Brawn of this type is known as "Archbishop's Brawn."—Elizabeth Evans, Mayoress of the County and City of Canterbury, 1905-6-7-8-9-10-11.

GARSTON ROLL.

1lb. Beef steak, 1lb. pickled pork, $\frac{1}{4}$ lb. bread crumbs, pepper, a little salt, parsley, all finely minced. Mix with 1 or 2 eggs, roll and boil $2\frac{1}{2}$ or 3 hours in floured cloth. Well rasp after cooking.—Mrs. W. E. Randall, Mayoress of Bridport.

CAMP PIE.

$\frac{1}{2}$ lb. Beef steak, $\frac{1}{2}$ lb. kidney, $\frac{1}{2}$ lb. gammon, $\frac{1}{2}$ lb. lean bits fresh pork, few bread crumbs, 2 eggs, little cayenne, pepper, salt, powdered mace, 1 teaspoonful grated nutmeg, 2 teaspoons milk, a little gravy colouring, piece of butter size of a walnut. Mince all the meat together, add bread crumbs, eggs (well beaten) and all the other ingredients, then mix well together, put into buttered mould and steam 5 hours. Tie down with greased paper and cloth. This makes a nice breakfast or supper dish.—Mrs. W. E. Randall, Mayoress of Bridport.

CURRIED MINCE.

Take some cold meat, 1oz. butter, one apple, one carrot, one dessertspoonful of curry powder, $\frac{1}{2}$ pint stock, and 1oz. flour. Take any nice cold meat, freed from skin and fat, and chopped finely. Fry the chopped onions in butter, then the chopped apple and carrot, stir in the curry powder and flour, pour over the stock. Stir till quite thick, then add the chopped meat and let it cook very slowly at the side of the fire for half-an-hour. Serve with a wall of mashed potatoes or boiled rice.—Mr. J. T. Felton, Mayor of Evesham.

HAM (HOW TO BOIL).

First soak for twelve hours in cold water, then put in a boiler with sufficient cold water to cover it and add one quart of cider. Simmer until the skin comes off with ease.—Mrs. Geo. Symons, Mayoress of Totnes, South Devon.

HAM PIE.

$\frac{3}{4}$ lb. Flour, rub in 6ozs. of butter, 1 teaspoonful baking powder, and a pinch of salt; moisten with water, instead of rolling paste beat with hands. Grease pudding dish, well line dish with paste, reserving piece for top. $1\frac{1}{2}$ lbs. ham or bacon and four eggs. Switch eggs, put a layer of bacon in bottom of dish, some eggs on top, season a layer of ham and eggs alternately until dish is full. Bake $\frac{3}{4}$ -hour, turn out and return to oven to brown slightly.—Mary Wilson, Wife of Provost of St. Andrews.

CELATINE OF VEAL.

3lbs. of Veal, 6 eggs, parsley, lemon, gelatine. Stew veal in an enamel saucepan until tender. Boil eggs hard; soak three sheets gelatine, cut meat small, having mixed shapes in cold water, line with eggs cut in rounds, scatter a little chopped parsley in, and tiny bits of lemon rind grated. Mix meat, with salt and pepper to taste; fill moulds, and pour rest of stock over, to which the gelatine has been added.—Mrs. George Symons, Mayoress of Totnes, South Devon.

JUGGED STEAK.

Two or three pounds of beef steak, $\frac{3}{4}$ pint of stock or water, 1 onion, 1 carrot, 2ozs. of good beef dripping, 3ozs. of flour, 8 cloves, one blade of mace, small bunch of mixed herbs, 1 stick of celery, 1 glass of port. Cut the steak into three or four pieces, fry it in the dripping a good dark brown, mix together 1 $\frac{1}{2}$ ozs. of flour, salt and pepper, dip each piece of steak into the mixture, peel the onion and stick cloves into it. Put ingredients into a jar with enough stock to cover, put on a tight fitting lid, and let it simmer until tender. Melt the dripping, stir in the rest of the flour smoothly, pour the mixture into a stew-pan and stir over the fire until it boils. Add the wine.—Mrs. E. A. Holmes, Mayoress of Southwold.

LAMB'S HEAD AND PLUCK.

Cleanse and scald head, put into a stew-pan with heart, liver and lights, cover with water, add a bunch of herbs, onion and sprig parsley, salt and pepper, and peel of half a lemon. Stew for 1 $\frac{1}{2}$ hours. Take liver out and fry it, then mince it with lights and heart. Put into a saucepan, straining the liquor in which all have been boiled. Thicken it with flour and butter and pour over mince. Put head into roasting pan, strew with bread crumbs and nut of butter, and brown in oven. Serve it on a dish with the mince round it. Boil brains 10 minutes, let them cool, then beat up with 2 eggs, bread crumbs, parsley, salt and pepper, make into quenelles or cakes, dip in eggs and bread crumbs, and fry a light brown, and garnish dish with them.—Mrs. A. S. Young, Wife of Provost Young of Jedburg.

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COLD DISH—LOIN OF LAMB.

Cut the loin of lamb into chops and place on dish, put some tomato sauce over them and cover with clear aspect, cut out and arrange as cutlets on the dish, and fill in the centre with finely cut salad and tomatoes.—Mrs. J. J. Callan, Mayoress of Drogheda.

MACARONI AND MUTTON.

1lb. Mutton, 1 carrot, 1 turnip, $\frac{1}{4}$ lb. macaroni, 1 onion, 4 cloves, pepper and salt. Cut the mutton in neat pieces, lay the pieces in the bottom of stewpan. Shred the onion and cut the carrot and turnip in small pieces, sprinkle on the top of the meat, add the cloves, pepper and salt. Break the macaroni into pieces about 2 inches long, and lay on the top of meat and vegetables. Pour in as much cold water as will nearly cover it. Stew gently $1\frac{1}{2}$ hours. When half cooked turn the macaroni.—Mrs. R. E. Highton, Mayoress of Workington.

MEAT ROLL.

$\frac{1}{2}$ lb. Steak (minced), $\frac{1}{2}$ lb. ham, $\frac{1}{2}$ lb. bread crumbs, a little grated nutmeg, pepper and salt, 1 egg, 1 hard-boiled egg. Mix all well together, stir in egg and very little milk. Shape into roll and put in pieces of egg. Tie in buttered cloth and boil for three hours. Turn out and roll in brown crumbs.—Hannah B. White, Niece of Provost Duncan Ferguson, Burntisland.

"ST. IVEL" LACTIC CHEESE.

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MEAT ROLL.

1lb. best Shoulder Steak (or veal), $\frac{1}{2}$ lb. lean ham (raw), $\frac{1}{4}$ lb. bread crumbs, 2 eggs. Mince steak and ham and mix with eggs, bread crumbs, seasoning to taste; boil or steam three hours. Bread crumbs and parsley to garnish. May be rolled in a cloth or put in a mould.—Mrs. J. A. Hillman, Mayoress of Dudley.

MEAT AND POTATO CAKES.

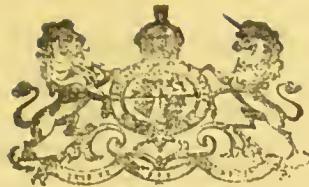
$\frac{1}{4}$ lb. cold meat, 1oz. butter, 1 egg, $\frac{1}{4}$ lb. cold mashed potatoes, 1 teaspoonful chopped parsley, bread crumbs, pepper and salt. Chop the meat finely and mix with the potatoes, add the butter (melted), and the parsley (finely chopped), a little milk if necessary. Shape into round, flat cakes, brush over with egg, toss in bread crumbs, and fry in hot fat.—Mrs. R. E. Highton, Mayoress of Workington.

MINCE LOAF.

1lb. Beef mince, $\frac{1}{2}$ lb. bread crumbs, pepper and salt to taste, 1 egg to bind together. Grease mould and steam for two hours. This is a nice shape for high tea.—Mrs. Morris, Wife of Provost of Anstruther Easter.

MIRITON OF BEEF.

Shred and fry two onions brown, but not burn. Have ready 1 pint brown sauce, pour some gravy in a pie-dish, then place a layer of thin slices of cold meat, pepper and salt, then a layer of onions, then meat again, then gravy. Repeat until dish is full. On the top a layer of bread crumbs and a pinch of cheese. Bake in oven for half-an-hour. Can be made with water instead of stock, or sauce if required.—Mrs. Debenham, Mayoress of St. Marylebone.

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MOTHERS' "ONCE A WEEK."

1½lbs. of Leg of Beef, one large cow heel, one large Spanish onion or 1lb. of ordinary ones cut small, 6 peppercorns, 6 allspice, one small saltspoonful of ground mixed spice, salt to taste, 1 pint of water. Cut the meat and cow heel into neat pieces not too thick, put them with all the ingredients into a stew-pan, bring to the boil and let it simmer very gently for three hours, remove the bones and pour the mixture into moulds. When cold just loosen at the edge of the mould and it will turn out a firm jelly. Can be eaten hot if desired, makes a tasty dish.—Mrs. Wm. Woodward, Mayoress of Hampstead.

MUSHROOM DUMPLINGS.

¾lb. Flour, ¼lb. suet, ½ teaspoonful carbonate of soda, 1lb. mushrooms, 2ozs. butter, pepper and salt to taste. Line a quart pudding basin with suet crust, place in the mushrooms peeled, season with pepper and salt, add the butter, cover with the suet crust, tie over a buttered paper, and steam from two to three hours.—Mrs. Samuel Shaw, Mayoress of Ilkston.

POTATO PUDDING.

(A favourite Cornish dish.)

Potatoes, 4lbs.; kidney suet, 6ozs.; salt, 1½ teaspoonfuls; flour, sufficient to bind. Peel the potatoes and chop them very fine, or pass them through a meat chopper (cutting them first into a number of pieces to enable them to pass into the meat chopping or mincing machine). The kidney suet must also be chopped fine. Mix the chopped potatoes, suet and salt, using sufficient flour—about ½lb. or ¾lb.—to bind the mixture to a very stiff and even consistency, no water being used as enough will be drawn from the potatoes. After well mixing, make a large ball of it and tie it up in a pudding cloth, just like a Christmas pudding. Boil for four hours. For a pudding half this size, 2½ or 3 hours will suffice. Serve with meat and gravy, cutting it into slices, or allow it to become cold, cut in slices and fry it in fat until brown. Serve hot.—Mrs. W. H. Huddy, Mayoress of Liskeard.

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POTTED HEAD.

3lbs. Hough, 2 nap bones, 1 gallon water, pepper and salt. Put all into a pot with cold water and boil till the meat falls from the bones. Cut all into small pieces and strain off the fat. Put all back into the pot and add the seasoning. Let it just come to the boil, then put it into moulds which have been wet with water.—Mrs. R. E. Highton, Mayoress of Workington.

POTTED MEAT.

Any odds and ends of cold ham and veal, or chicken or boiled beef. Put several times through a mincer, remove any little hard pieces, work in a small lump of butter and a little grated nutmeg, pepper (and salt if necessary) to taste ; put into small glass jars and pour over a little plain butter just melted to cover the top.—Mrs. C. Hunt, Mayoress of Bournemouth.

PRESSED BEEF.

For about 12lbs. of brisket of beef use 1 small teaspoonful of saltpetre, 1 teaspoonful ground permints (allspice), $\frac{1}{4}$ lb. brown sugar, and salt to well cover the meat. Mix altogether and rub into beef, turning and basting it every day or two for three weeks or a month. It may be kept even longer if liked in cold weather. Simmer gently for six hours, be sure it does not boil. Then take it out carefully and put on a large dish, remove the bones and gristle, and put on flat board with some heavy weights on it to press it well. The next day remove the board and glaze.—Mrs. G. J. Abell, Mayoress of Leominster.

NELSON'S Custard Powder.

PRESSED BEEF (VERY GOOD).

Choose the thin end of the flank of fine mellow beef, not too fat. Lay it on a dish with a little saltpetre and salt, turn and rub it every day for a week, keep it in a cool place. Then remove all loose bone, gristle and skin from the inside part, and then cover it with the following seasoning :—Chop fine a handful of parsley, thyme, marjoram, pepper and salt. Roll the meat up as lightly as possible, bind it first with the cloth, and then with tape. Boil the beef in plenty of water gently for 8 hours, then take off and place heavy weight immediately on it without unbinding, and when cold glaze over.—Mrs. William Woodward, Mayoress of Hampstead, N.W.

PRESSED BEEF.

About 8lbs. of lean brisket (fresh), 1 small teacup of water, $\frac{1}{2}$ teaspoonful of allspice. Remove all bones, roll, but do not tie, place in a deep tin and cover to prevent steam escaping. Place in a slow oven for five hours. Remove from oven, skim off fat and press lightly.—Mrs. G. C. Swain, Mayoress of Gillingham.

RABBIT MOULD.

1 Rabbit cut up, 1lb. beef steak. Cover with water, leave to simmer till meat is off bone, add three sheets of gelatine, salt, pepper. Slice a hard-boiled egg, place round greased basin, pour mixture in, leave till cold.—Mrs. W. S. Rowntree, Mayoress of Scarborough.

A NICE WAY TO COOK A RABBIT.

Cut the rabbit into nice pieces and put them into boiling fat and fry slowly. Then put them into the stew-jar and stew in the ordinary way. Frying the rabbit in this way greatly improves the flavour.—P.

ROAST HAM.

Soak the ham for 12 hours, wipe dry and cut away rusty parts. Cover with a flour and water paste, taking care that it is of sufficient thickness to keep in the gravy. Place in a moderately heated oven and bake for four hours. Take off the crust and skim. Cover with raspings, garnish knuckle with paper frills.—Mrs. F. A. Green, Mayoress of Lostwithiel.

SAUSAGE ROLL.

1lb. Mince, 1lb. bacon or cold boiled ham, $\frac{1}{4}$ lb. bread crumbs, 2 eggs, 1 teacup stock or water, pepper and salt to taste. Mince all the dry ingredients, add eggs and stock till fairly moist, roll up tightly in dry cloth like a roly pudding. Boil for three hours, untie ends of cloth, lay on plate with another on top until cold, roll in crisp bread crumbs.—Mrs. J. W. Plenderleith, Mayoress of Berwick-on-Tweed.

SAVOURY DUCK.

1 $\frac{1}{2}$ lbs. of Pigs' Fry, $\frac{1}{2}$ lb. of caul, 2 onions, a little sage, nutmeg, pepper and salt, $\frac{1}{4}$ lb. of bread soaked and squeezed dry, a little sugar. Chop onions, mince meat, etc., then mix all together and put in a baking tin. Spread caul over the top and bake for two hours or more. Very inexpensive and very delicious.—Mrs. Albert Gutteridge, Mayoress of Dunstable.

SEASONED BEEF.

2lbs. Fillet Beef, in one piece. Make a seasoning of parsley, suet, bread crumbs, pepper and salt to taste. Mix with egg to bind, place seasoning in centre of meat and tie round with tape. Bake in moderate oven for one hour. Serve with gravy.—Miss Alice L. Hall, Mayoress of Aldeburgh, Suffolk.

SCARBORO' BEEF.

Take 1lb. of beef, $\frac{1}{2}$ lb. of bacon, $\frac{1}{2}$ lb. of bread. Pass all through the mincing machine, mix it with two eggs, well beaten, season to taste, flour a cloth well and roll the mixture up in it, and steam $1\frac{1}{2}$ hours.—Lady Fraser, Mayoress of Nottingham.

SCOTCH HACCIS.

The stomach bag of a sheep, one pluck (lights, liver and heart of a sheep), $\frac{1}{2}$ lb. of suet, 2 onions, 3 or 4 teacups oatmeal, pepper and salt. Wash the bag well in cold, then in hot water, and allow it to soak in salt and water all night. Wash the pluck, put it into boiling water and boil till tender. When cold grate the liver and chop the lights and heart into fine pieces. Toast the oatmeal, and chop the suet and onions. Mix all the ingredients together, and add the seasoning. Put all into the bag, leaving room for the meal to expand. Place it into boiling water with a plate at the bottom of the pot, and boil for three hours.—Mrs. John Davidson, Wife of the Provost of South Queensferry.

SPICED BEEF.

4lbs. Brisket Beef (boned), 3 teaspoonfuls of salt, 1 teaspoonful of pepper, 1 teaspoonful of brown sugar, 1 teaspoonful Jamaica pepper. Rub in mixture well and leave for 12 hours. Bake 4 hours with cover on top.—Mrs. Wilson, Wife of the Provost of St. Andrews.

HOT DISH—STEWED CHOP.

Take one Spanish onion, fry brown in butter, some carrot and turnip (cut in slices), pinch of mixed herbs, pepper and salt, dessertspoonful of flour. Place the chops in stew-pan in a pint of water, add in the onion, carrot and turnip, and stew for half-an-hour. Blend up the flour in a little water, and brown with a little brown sugar.—Mrs. J. J. Callan, Mayoress of Drogheda.

GRAVY SALT.

$\frac{1}{2}$ lb. Salt, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ a teaspoonful of Cayenne pepper. Put all together in a frying pan over a slow fire and keep stirring till a dark brown, then put on a paste board and roll till cold or it will get in lumps, then put in tin or bottle.—Mrs. Thos. Coxon, Mayoress of Huntingdon.

STEWED STEAK.

2lbs. Rump Steak, 1 doz. mushrooms, 1 teaspoonful of salt, $\frac{1}{2}$ teaspoonful of pepper and 1 dessertspoonful of cornflour. Lay the steak in the stew-pan with a small piece of butter, stand on the hot stove until it browns, then turn it over, brown the other side, keep it covered close and simmer for $1\frac{1}{2}$ hours. Mix the flour with $1\frac{1}{2}$ gills of water. Put the mushrooms in when the steak is nearly done, then add pepper, salt and flour and water, and simmer for five minutes. Onions can be used instead of mushrooms if preferred.—Lady Fraser, Mayoress of Nottingham.

VEAL CAKE.

2lbs. Knuckle Veal, 2 eggs, salt and pepper. Boil veal with bones in till tender, remove meat, leaving the odd pieces of bone, gristly, skin, etc., to boil two hours longer. Boil eggs hard and slice. Cover the bottom and sides of dish as far as the eggs will go, chop fine the veal and lay on, then strain the liquid gently over, not to disturb the arrangement of the eggs, turn out. When quite cold it will be a solid jelly.—Mrs. C. Hunt, Mayoress of Bournemouth.

VEAL CAKE.

A few slices of cold roast veal, same of cold ham, 2 hard-boiled eggs, 2 tablespoons of minced parsley, a little pepper and good gravy. Cut off all brown outside from veal, cut eggs in slices, lay veal, ham, eggs and parsley in layers in a mould, with the pepper between, and when mould is full get some strong stock and fill up the shape. Bake for half-an-hour, and when perfectly cold turn out. May be garnished with tomato in slices.—Lady Fraser, Mayoress of Nottingham.

VEAL AND HAM ROLL.

1lb. Veal, 1lb. ham, $\frac{1}{2}$ lb. bread crumbs, 3 eggs, pepper, salt, cayenne and mace. Mince the veal and ham, mix together with the bread crumbs and eggs, flavour with the pepper, salt, etc. Mix all together, roll in a cloth and steam for $3\frac{1}{2}$ hours. Glaze it and serve cold. (A breakfast or luncheon dish.)—Mrs. D. Matthews, Mayoress of Swansea.

MEDICAL.

HINTS.

A Running Cold may be relieved by sniffing some hot water up the nose, to which a little salt has been added, and let it return through the mouth.

Heartburn will be relieved if a pinch of baking soda is placed dry upon the tongue and let dissolve.

An Orange eaten like an egg first thing in the morning is considered a good remedy for influenza cold. Take the top off and scoop the remainder with a spoon. Oranges are also very good like this for constipation.

Two or three Oranges a day is considered a preventative against influenza.

A Cotton Dress should not be worn for bathing.

Cold Preventative.—When you feel a cold coming on put the feet in strong mustard and water, go to bed, and later take a cup of hot gruel.

Water.—For constipation a glass of cold water taken first thing in the morning is to be highly recommended, and for chronic liver or kidney trouble a glass of hot water sipped night and morning clears the system of all impurities.

Treacle Possett and White Wine Whey are good for colds, but must be taken in bed as they soon promote perspiration.

Shock or Collapse.—Place patient in recumbent position, loosen all clothes, apply hot bottles to sides of body, limbs and feet. If able to swallow, give hot tea or coffee.

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ASTHMA CURE.

2d. Saltpetre, 2d. white blotting paper. Moisten the saltpetre with a little water, and in this solution well soak the blotting paper, which should have been cut into pieces about the size of a sheet of note paper. Leave it to dry in a warm place and it is then ready for use. Place a piece of the blotting paper, folded like an arch, on a plate and light one corner. The door and window where the patient is should be closed. This remedy has given great relief even in most severe case.—S.

BLACKBERRY MEDICINE FOR DIARRHŒA.

Crush out the juice, then put on a quart of water and squeeze again. Add 1lb. of lump sugar to 2 quarts of juice, 1 whole nutmeg grated, $\frac{1}{2}$ oz. of cloves, $\frac{1}{2}$ oz. of cinnamon. Boil $\frac{1}{2}$ hour with the spices, etc. When cold add a teacupful of brandy to each pint of juice. Bottle and cork well. It will keep good for years.—Mrs. Sam Rhodes, Mayoress of Morley.

CAYENNE PEPPER.

Cayenne pepper is the purest and strongest stimulant, and is a remedy for many complaints, as it quickens the vital force to throw off any disease. Pour a cup of boiling water into a quarter teaspoonful of pepper, leave it standing 20 minutes, then strain off from the grounds into another cup.—Mrs. F. W. Butler, Mayoress of Hythe, Kent.

CORN CURE.

Dissolve a good lump of common washing soda in a little hot water. Soak a piece of old linen and bind it around the corn and let it remain so overnight. Repeat it every night and the corn will soon disappear.—B.

CHEST COLD AND HOARSENESS.

Common mustard used as a plaster or poultice is the best cure for a cold on the chest, and the white of an egg with sugar is the finest medicine for hoarseness.—Mrs. F. A. Green, Mayoress of Lostwithiel.

CHEST LINIMENT.

Chest Liniment to be rubbed on chest and between the shoulders when required, or sprinkle some on a piece of flannel and place on the chest. Small quantities can be made. Twopenny worth of essence of peppermint, and threepenny worth of linseed oil. Well shake before using same.—Mrs. John N. Hare, Mayoress of Arundel, Sussex.

COD LIVER OIL EMULSION (HOME-MADE).

8ozs. Cod Liver Oil, 2ozs. glycerine, $\frac{1}{4}$ oz. essence of almonds, $\frac{1}{4}$ pint lime water, 3d. tin condensed milk. To be thoroughly mixed by chemist and bottled. Teaspoonful to be taken after meals.—Mrs. T. J. Samuel, Mayoress of Aberystwyth.

COUGH (CERTAIN CURE).

A layer of carrots cut in rounds, a layer of brown sugar, another layer of carrots, and another layer of brown sugar. Pour over this some brown vinegar and leave for 24 hours. Strain it and cork in a bottle. This taken every half-hour will soon cure.—Mrs. D. H. Morgan, Mayoress of Tenby.

COUGH MIXTURE.

1d. Syrup of Squills, 1d. Oil of Aniseed, 1d. Oil of Peppermint, 1d. Paregoric, 1d. Laudanum, $\frac{1}{2}$ lb. Black Treacle, $\frac{1}{2}$ pint White Wine Vinegar. Directions.—Put the vinegar in a pan and heat so that it will melt the treacle, then add the other ingredients. Dose.—One tablespoonful when cough is troublesome.—Mrs. W. F. Fenton-Jones, Mayoress of Hackney, N.E.

COUGH MIXTURE.

Yolks of two eggs, juice of one lemon, large tablespoonful of salad oil, 2d. syrup of squills, 1d. honey, mixed together.—Mrs. H. C. Norton, Mayoress of Wells, Somerset.

COUGH MIXTURE.

3d. Paregoric, 3d. syrup of squills, 3d. chlorodyne. Mix the above in 6d. of best rum. Shake the bottle and take a teaspoonful several times a day.—Mrs. J. T. Whipp, Mayoress of Clitheroe.

COUGH MIXTURE.

1oz. Paregoric, 1oz. syrup of squills, 2ozs. honey, 1oz. syrup of poppies, 1oz. castor oil, juice of two lemons. Dissolve honey and castor oil together and add the other ingredients. Dose—One tablespoonful two or three times a day.—Mrs. E. Sarjeant, Mayoress of Bridgnorth.

COUGH MIXTURE (GOOD).

Take equal parts of best glycerine, brandy and pure cream, bottle, shake vigorously. Take a spoonful when the cough is troublesome, mix fresh every morning if possible, and only use pure cream. Has been known to cure a cough when many remedies have failed.—Mrs. C. H. Newsum, Mayoress of Lincoln.

COUGH OR COLD CURE.

1d. Sweet Nitre, 1d. tincture of gentian, 1d. cloric ether, 1d. salvolatile. Put in ordinary medicine bottle, fill it with cold water, and take one tablespoonful every four hours. This recipe is strongly recommended.—H.

COUGHS AND COLDS.

1d. Paregoric, 1d. ether, 1d. syrup of squills, 1d. syrup of poppies, 1d. peppermint, $\frac{1}{2}$ lb. treacle, 1 pint boiling water. Pour the water over the treacle, when dissolved and cold add the other ingredients and bottle. Dose—One teaspoonful or so during the day. Tablespoonful in hot water at night.—Mrs. Allison, Mayoress of Hedon, East Yorks.

COUGHS AND COLDS.

The juice of three lemons and three tablespoonfuls of honey baken in an oven until it becomes like glycerine. A teaspoonful to be taken every three hours.—Mrs. John Bott, Mayoress of Lambeth.

DIARRHŒA (TO CURE).

80 drops Laudanum, 40 drops oil of peppermint, $\frac{1}{2}$ -pint brandy. Dose—One tablespoonful in a wineglass of cold water.—Mrs. S. H. Dening, Mayoress of Chard.

DIARRHŒA.

Place $\frac{1}{2}$ oz. clove oil in 1oz. bottle, then add powdered camphor till the oil will not dissolve any more. Dose five to ten drops every three hours for an adult.—Mrs. J. M. Kay, Mayoress of Darwen.

EMBROCATION.

One gill turpentine, 1 gill acetic acid, 1 egg, about half-gill methylated spirits. Mix all together in a bottle and shake well before using. Very good for rheumatism pains.—Miss Janet Macfarlan, Sister of Provost Macfarlan, Dumbarton.

EYE LOTION.

1dwt. Sugar of Lead, 1 tablespoonful Eau de Cologne, 1 tablespoonful brandy, 1½ pints spring water. To be thoroughly mixed together and shaken when applied.—Mrs. S. H. Dening, Mayoress of Chard.

FEVER MEDICINE.

½oz. Sweet Nitre, ½oz. salvolatile, ½ a teaspoonful salt-petre, in an 8oz. bottle. Fill up with water that has boiled. For adult, 1 tablespoonful in little water.—Mrs. F. A. Green, Mayoress of Lostwithiel.

FRUIT SALTS.

2ozs. Cream of tartar, 2ozs. tartaric acid, 2ozs. carbonate of soda, 2ozs. citrate of magnesia, 2ozs. Epsom salts, and 4ozs. sugar.—Lady Fraser, Mayoress of Nottingham.

RHEUMATISM.

½oz. of Salicine, put in an 8oz. bottle and fill up with warm water (it mixes better in warm water). Take an eighth part three times a day. It is very bitter to take but a first-class remedy. (3/- oz. Salicine.) I took two bottles and it quite cured me. It does not suit everyone; if so take it a few times and leave off for a day or so, then take again.—Mrs. Thos. Coxon, Mayoress of Huntingdon.

RHEUMATISM.

2d. Camphorated Oil, 2d. white oil, 2d. hartshorn, 2d. turps. Shake bottle, rub well in. For outward use only.—Mrs. E. Duke, Mayoress of Eastbourne, Sussex.

COPY OF PRESCRIPTION FOR RHEUMATISM BY A FAMOUS PHYSICIAN.

2ozs. Epsom Salts, $\frac{1}{2}$ oz. carbonate magnesia, $\frac{1}{4}$ oz. bicarbonate potash, $1\frac{1}{2}$ pints boiling water. Mix in a jug and when cold put into a bottle. Dose—A wineglassful an hour before breakfast every third morning until all pain is gone, then a dose once a week for a time. (Shake well before taking.)—Mrs. H. W. Williams, Mayoress of St. Ives, Cornwall.

RHEUMATISM.

Mix together 4ozs. of vinegar, the same of turpentine, $\frac{1}{2}$ oz. of spirits of camphor, and 1 beaten egg. Stir well together and bottle. Rub aching joints with this lotion night and morning.—Mrs. M. C. James, Mayoress of Jarrow.

SORE THROAT—SIMPLE REMEDY.

Place a pinch of flowers of sulphur in a small paper funnel, place the funnel in the patient's mouth and blow the sulphur into the throat. This is a perfectly safe and sure cure for any throat affection and will be found much pleasanter than gargling.—Mrs. J. T. Wightman, Mayoress of Doncaster.

SPRING MEDICINE.

Take 1oz. of flowers of sulphur, 1oz. of cream of tartar, and 1oz. of Epsom Salts, 1 lemon, 2 tablespoonfuls of sugar. Mix well together and pour 1 quart of boiling water over. Dose, a wine-glassful before breakfast for an adult.—Mrs. J. T. Wightman, Mayoress of Doncaster.

WARTS.

Mix 120 grains of sublimed sulphur with 5 fluid drachms of glycerine, and fluid drachm of acetic acid. Apply two or three times a day.—Mrs. S. Hackett, Mayoress of Waterford.

WHOOPING COUGH, OR OTHER TROUBLESOME COUGH.

1d. of Castor Oil, 1d. Oil of Almonds, 1d. Syrup of Tolo, 1d. Syrup of Squills, 1d. Honey, juice of two lemons. Put altogether and shake well.—Mrs. Ernest Edwards, Mayoress of East Ham.

WHOOPING COUGH (OR ANY OTHER).

A whole uncooked egg (shell as well) put into good crab vinegar, just enough to cover the egg, and left all night in it, brown sugar enough to sweeten is added. This is to be left until the morning when the whole of the shell will have dissolved, and only the yolk left. This should be taken out. The shell, brown sugar, and the crab vinegar, all combined, has a wonderful effect in curing the most troublesome cough.—Mrs. Hughes Morgan, Mayoress of Tenby, S. Wales.

WHOOPING COUGH RELIEF.

2ozs. of Tincture of Rhubarb and 2ozs. of Castor Oil. Children under ten years old, one tablespoonful night and morning.—E. H.

WHOOPING COUGH (PREVENTATIVE).

Four drops of turpentine on a lump of sugar every night. I have given it to my little girl (four years old) night and morning when I thought she was in for whooping cough, and escaped it twice this season.—Mrs. Thos. Coxon, Mayoress of Huntingdon.

MALT EXTRACT (HOME-MADE).

Soak 4lbs. malt for 24 hours in cold water, allowing the water to cover it. Take 8 breakfastcupfuls of the liquid and boil for two hours, then strain into another pan and add 4lbs. of demerara sugar, and boil again for an hour, when it should be a thick syrup. For invalids it is very strengthening. A dessertspoonful to be given twice a day.—Mrs. J. T. Wightman, Mayoress of Doncaster.

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MILK PUNCH.

Pare 6 Seville oranges and 6 lemons as thin as possible, grate them with lump sugar to get the flavour, steep the pulp in a bottle of rum or brandy, stopped close 24 hours. Squeeze the fruit in 2lbs. of loaf sugar, add to it 4 quarts of water and one of milk, boiling hot. Stir the rum or brandy into the above and run it through a jelly bag until perfectly clear. Bottle and cork it close immediately.—Miss Frances Groom, Mayoress of Harwich.

BLACK Currant VINECAR.

3lbs. Black Currants, well bruised, 1 pint white vinegar, $\frac{1}{4}$ lb. white sugar. Let them stand for three or four days covered up, stirring daily, then strain and add 1lb. loaf sugar to each pint of juice. Boil it gently for $\frac{3}{4}$ of an hour and skim. When cold bottle. Good for sore throats and colds.—Lady Roberts, Mayoress of Carnarvon.

RASPBERRY OR BLACKBERRY (BRAMBLES) VINECAR.

Bruise a quart of raspberry, if blackberry put two quarts, pour over it a pint of vinegar, cover it closely, let it stand three days, stir it daily, strain it through a flannel bag but do not press it. To a pint of liquor put a pound of lump sugar, boil 15 minutes and take off the scum as it rises. When cold bottle and cork it securely, and keep in a cool place. Blackberries answer quite well for raspberry.—Mrs. Thomas Coxon, Mayoress of Huntingdon.

RASPBERRY VINECAR.

1lb. of ripe raspberries, bruise them, add 1 quart of white vinegar, let it stand 24 hours, then strain it, adding 1lb. more of bruised fruit to the liquid. Repeat the third day, then strain through a canvas bag, add 1lb. of best lump sugar to every pint of juice, put them in a clean preserving pan to boil up 15 minutes. When it has cooled a little bottle for use. I let it remain overnight, then well cork it. I generally put some of the vegetable parchment paper and tie over the cork. It will keep good over two years. This raspberry vinegar is a splendid thing for colds and sore throats.—Mrs. J. H. Spiller, Mayoress of Taunton.

FOR SORE THROAT.

4ozs. of Mutton Suet, 3ozs. fresh butter (without salt), 3ozs. of powdered resin, 3ozs. of bees wax. Simmer all together until melted. To apply spread on piece of linen and put on the throat as a plaster.—Mrs. S. H. Dening, Mayoress of Chard, Somerset.

A SIMPLE NIGHT-LIGHT FOR A SICK ROOM.

Take a small piece of candle and heap salt all round the wick as far up as the black part. Press the salt round firmly, when lit, the candle will burn with a steady, faint light, and will be consumed very slowly.—Mrs. A. M. Miller, Wife of the Provost of Rothesay.

PICKLES AND SALADS.

BEEF TONGUE (HOW TO CURE).

One gallon of water, $1\frac{1}{2}$ lbs. of salt, 1oz. of saltpetre, $\frac{1}{4}$ lb. of Barbadoes sugar. To be boiled together for 20 minutes, scum as it boils. When cold put over meat.—Mrs. H. C. Norton, Mayoress of Wells.

BEET ROOT (PICKLED).

Boil the roots till three-parts done ($1\frac{1}{2}$ to $2\frac{1}{2}$ hours), then take them out, peel and cut them in thin slices. Put them into a jar, and pour on them sufficient cold spiced vinegar to cover them. Simmer the required quantity of vinegar gently with black pepper, a little ginger, allspice and salt.—Mrs. R. E. Highton, Mayoress of Workington.

CABBAGE (RED)—HOW TO PICKLE.

Hang up the cabbage for a few days to dry, then shred the leaves and put them in layers in a jar with salt, pepper and ginger, fill up with cold vinegar.—Mrs. R. E. Highton, Mayoress of Workington.

BOTTLED FRUIT.

Pack the fruit (neatly peeled) as closely as possible in the glass jars. Fill the jars with a syrup made of boiling sugar and water together in the proportions of a cup of sugar to a quart of water. This will make syrup enough for two quart jars. Place the jar in a boiler of tepid water on a few nails or wooden rack with holes bored through, allowing the water to come within an inch of the jar, screw on covers loosely without rubber ; cover the boiler and boil till fruit is done—then or twelve minutes is enough for berries, currants, and such fruit, from twenty minutes to two hours for peaches and pears, etc. Have some syrup ready on the stove for filling up the jars. When done remove the jars from the water, place it on a folded wet towel, fill to the top with the hot syrup, wipe the neck, put on the rubber and screw down the cover tightly. Invert the jars as a test ; if not air-tight the syrup will ooze out. If not air-tight, and the syrup is still hot, remove the cover, refill with syrup, and try another rubber and cover. But if the syrup has become cold you must reheat it before finally screwing down the lid. The usual wide glass bottles would do, provided the cork keeps them absolutely air-tight.

—Mrs. H. Wallace, Wife of the Provost of Kircudbright.

HAMS AND TONGUES (HOW TO PICKLE).

Half-pint beer, $\frac{1}{4}$ lb. bay salt, 2ozs. black pepper, 1lb. treacle (or coarse brown sugar), $\frac{1}{2}$ lb. saltpetre, 2lbs. common salt. Rub the saltpetre well into them first, then the pepper and treacle, and last the salt. Well cover them with this, and turn and rub them every day. A tongue will do in a fortnight, and a ham of 16lbs. in three weeks ; if heavier, a month. After you make this pickle you can add a $\frac{1}{2}$ lb. more salt before putting things in a second time, to revive it you can do one or two things at the same time. If you put the beer in, always add it the second day ; the beer can be left out if liked. When things are taken from the pickle rub with flour to dry, and hang in a cool, dry place. Will keep for two or three years.—Mrs. T. O. Jones, Mayoress of Ruthin.

ITALIAN SALAD.

Mince finely 4ozs. of cooked cold chicken, veal or lamb, one small raw apple, one small raw onion, and a little tender young lettuce. Mix one tablespoonful of salad oil with one of

vinegar, and moisten the mince with it ; arrange in the centre of a salad bowl with a border of finely cut lettuce decorated with small pieces of beetroot, or nearly fill small paper ramiaguin cases with the mixture as a savoury finishing with beetroot, chopped lettuce, chopped hard-boiled egg, or an olive, according to fancy.—Lady Charnwood, Mayoress of Lichfield.

LEMON PICKLE.

Twelve lemons, grate the rinds very thin, then cut them into quarters, leaving the bottoms whole, and rub them well with $\frac{1}{2}$ lb. bag salt inside and outside, put them on a dish to dry in a cool oven or on the screen or rack or before the fire until all the juice is dried in, and it looks like leather. Then put them into a jar.

1oz. of Mace, $\frac{1}{2}$ oz. of nutmeg sliced, 4ozs. of garlic or eschalots, $\frac{1}{2}$ pint mustard seed bruised. Put all these into a muslin bag and in the jar, and pour over it 2 quarts of boiling vinegar. Let it stand by the fire 5 or 6 days, then put away for 5 or 6 months. Keep the jar air-tight.—Mrs. Sydney Sladen, Mayoress of Tunbridge Wells.

PICKLED DAMSONS.

Prick the damsons with a needle and put them with layers of cloves and cinnamon into glass jars. For every 4lbs. of fruit boil up 2lbs. of sugar and 1 quart of best vinegar and pour it warm over the fruit ; next day pour off the vinegar and boil it up again and pour over the fruit. This must be repeated a third time. Tie up with bladder and in about six weeks it is ready for use.—Mrs. Edith Atkinson, Mayoress of Brighouse.

PICKLE FOR EGGS.

1lb. of Quick Lime, 1lb. of salt, 2ozs. cream of tartar, 1 gallon of cold water. Stir every day, ready for use in four days. The eggs can be put in daily until all are in. Four gallons enough for 200 eggs. Put rather less lime than over weight. Put the egg in just as it is, or if preferred, pour the liquid off and throw the sediment away.—Mrs. Thos. Coxon, Mayoress of Huntingdon.

PICKLED DAMSONS.

6lbs. Damsons, 4lbs. best lump sugar, $3\frac{1}{2}$ pints best vinegar, 36 cloves, $\frac{1}{4}$ oz. mace, $\frac{1}{4}$ oz. cinnamon. Prick the damsons through and put in jar, boil the vinegar, sugar and spices, the latter tied in muslin for ten minutes, pour this over the damsons and let it stand 24 hours. Pour off all liquid, boil as before and pour back on the fruit and let it remain the same time when for the third and last time the liquid boils, put in the fruit and boil five minutes, pour in jars or bottles and tie down with vegetable parchment papers. This is better for keeping, but may be used in a month or two. I always tie all my pickles and preserves down cold, it keeps much better.—Mrs. H. J. Spiller, Mayoress of Taunton.

TO PICKLE EGGS.

One quart of lime, 1 gallon boiling water, and when quite cold put the eggs in.—Mrs. Edwin Finn, 28 times Mayoress of Lydd. Kent.

MARROW PICKLE.

A good-sized marrow, 1 quart vinegar, $\frac{1}{2}$ lb. eschalots or small onions (chopped up very fine), 6ozs. loaf sugar, $\frac{1}{2}$ oz. semeric powder, $\frac{1}{4}$ oz. ground ginger, a little cayenne. Peel the marrow, remove pulp and seed, cut the marrow into pieces about two inches long and half-an-inch thick, sprinkle a little salt over them and let them remain so for twelve or fourteen hours. Boil all these ingredients together without the marrow for half-an-hour, then put in the marrow after first draining the water off, and boil for another half-hour or more.—Lady Roberts, Mayoress of Carnarvon.

MAYONNAISE DRESSING.

Yolks of 4 eggs, nearly 1oz. of mustard, 2ozs. moist sugar, 6ozs. best vinegar, 3ozs. salad oil, $\frac{1}{2}$ oz. salt, 10 grains cayenne. Mix the eggs with the oil carefully, add dry ingredients, mix thoroughly, and then drop in the vinegar slowly. This dressing, if put in a bottle and corked, will keep for some time.—Lady Scott Foster, Mayoress of Portsmouth.

MUSTARD PICKLE.

Two quarts of vinegar, 3ozs. salt, 3ozs. sugar, not quite $\frac{1}{2}$ oz. of mace, 1 teaspoonful of cayenne pepper. Boil altogether about ten minutes, then thicken with $\frac{3}{4}$ lb. of mustard and one teaspoonful of turmeric mixed to a paste. Make in spring, and as the vegetables (all kinds) come in season, cut them up and put them into the pickle. They will require no salting or draining.—Mrs. Sam Rhodes, Mayoress of Morley, Lancashire.

RUSSIAN SALAD.

Cut a lobster into neat pieces and mash over with Mayonnaise sauce, into which a little liquid jelly has been stirred, and put it aside to set. Line a border mould with aspic jelly, ornament with turned olives, hard-boiled eggs, and filleted anchovies and capers, setting the garnish with a little more jelly. Place the pieces of lobster in and fill up with more jelly. When it is turned out the centre should be filled with beetroot, potatoes, peas and beans (cooked), cut in fancy small shapes, and stirred in a little well-seasoned Mayonnaise.—Mrs. W. H. Bowater, Lady Mayoress of Birmingham.

SALAD DRESSING.

First take one egg and well beat it, then a small teaspoonful of mustard, 3 teaspoonfuls castor sugar, and a saltspoon of salt. Mix this well with 2ozs. of cream until it becomes a smooth paste, then add the egg. When this is well mixed drop slowly in one small bottle of Taragona vinegar. It is then fit for use.—Mrs. James Sanders, Mayoress of S. Molton, Devon.

SALAD DRESSING.

Salt, 2 teaspoonsful; mustard, 1 teaspoonful; sugar, 2 teaspoonsful; vinegar, 8 fluid ozs. (not quite $\frac{1}{2}$ pint); olive oil (good), 6 fluid ozs.; yolks of 4 eggs. Rub the yolks with the salt, mustard and sugar, then add the oil and vinegar, and stir vigorously.—Mrs. W. F. Fenton-Jones, Mayoress of Hackney, N.E.

SALAD DRESSING (TO KEEP).

The yolks of five eggs, $\frac{1}{2}$ pint of salad oil, 1 teaspoonful of salt, 1 pint of vinegar, 1 oz. of mustard, a tiny bit of cayenne, 2 ozs. of fine sugar. Beat the yolks till nearly white, mix the oil and these as slowly as possible together, then mix the above, a teaspoonful at a time, with the mustard ; when it is a smooth paste, add the vinegar (which must have been previously boiled and allowed to get cold) as gradually as possible, add the sugar and salt, and simmer very slowly (not boil) till the mixture is as thick as custard ; when cold, bottle. This improves very much by keeping, and will keep for one or two years.—Mrs. G. J. Abell, Mayoress of Leominster.

SALAD DRESSING.

Two small teaspoonfuls mustard (rather thick), 2 eggs, 1 dessertspoonful castor sugar, 2 saltspoonsful salt (until smooth then add mustard). Add 8 tablespoonsful salad oil (care, add each spoonful separately with egg). Dilute with 3 tablespoonsful vinegar till like thick cream.—Mrs. E. Bance, Mayoress of Southampton.

SALAD DRESSING (SIMPLE).

A simple and easy dressing is made as follows :—Into a bottle place 1 tablespoonful of vinegar, 3 tablespoonsful of oil, a saltspoonful of salt, and a quarter that amount of dry mustard. Cork tightly, shake the bottle vigorously for a few minutes, and you have a perfect dressing.—Lady Scott Foster, Mayoress of Portsmouth.

SALAD DRESSING.

Four yolks hard-boiled eggs rubbed smooth, $\frac{1}{2}$ lb. demerara sugar, 1 teaspoonful mustard (made), 1 teaspoonful white pepper, $\frac{1}{2}$ teaspoonful cayenne pepper, 1 dessertspoonful salt, $\frac{1}{2}$ pint vinegar, $\frac{1}{2}$ pint cream. Mix all ingredients thoroughly, adding cream last. This will keep for a year, well corked.—Mrs. W. T. Good, Mayoress of Maidenhead.

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Use old calico or lint ; thinly spread the Ointment with a thin bit of wood, or with the finger ; change the dressing twice a day, and if the inflammation be high, it would be well to change it more frequent ; the leg may be damped with cold water with benefit. Apply a poultice during the night, as required, of coarse oatmeal, well creed ; a portion of Ointment might be mixed with the meal or spread on the surface.

For Ulceration or Inflammation of the Eyes and Eye-lids.

Apply a slight dressing once or twice a day ; draw down the bottom lid whilst anointing.

For Deafness.

Apply the Ointment with a camel hair brush or a strip of card, put the Ointment in the ear as far as possible ; also anoint at the ear root.

For Piles.

Warm water should be applied previous to anointing.

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NUMEROUS TESTIMONIALS ON HAND, but space will not permit of their insertion here.
7½d and 1/- Bottle.

The Compiler of this Book knows several children who have been
cured of Ring-worm by using this Ointment.

TOMATO, WALNUT AND CELERY SALAD.

Cut a round from stem end of peeled tomatoes, scoop out seeds, leaving as much tomato as possible. Chop celery fine, cut pickled walnuts small, mix with mayonnaise, and fill with mixture. Garnish with parsley and lemon.—Mrs. A. W. Willmer, Mayoress of Birkenhead.

GREEN TOMATO PICKLE.

12lbs. of green Tomatoes, cut in halves and quarters, equal sizes, put into salt and water for 24 hours, then drain well and cover with vinegar, 2lbs. of sugar, $\frac{1}{2}$ oz. of each of cloves, cinnamon, cayenne pepper, allspice, and a little cayenne pods. Simmer till tender, but on no account let it boil. Tie spices in muslin bags.—Mrs. E. Deer, Mayoress of Stratford-upon-Avon.

RIPE OR GREEN TOMATO PICKLE.

Slice 10lbs. of tomatoes into a dish and sprinkle each layer with salt. Next day put into a preserving pan with 2lbs. of brown sugar, 1lb. of finely sliced onions, $\frac{1}{4}$ oz. each of cloves, cinnamon and pepper corns, 4 pints of vinegar, 1 saltspoonful of mustard. Bruise the spices and put into a muslin bag before putting in the vinegar. Strain the tomatoes from the salt and simmer gently with the above ingredients until tender (about 3 hours). When cold put into small jars and cork tightly.—Mrs. L. Eastwood, Mayoress of Darlington.

OX TONGUE.

Two tablespoons of demerara sugar, $\frac{1}{2}$ saltspoon of salt-petre, 1 teaspoon of bay salt (powdered), 2 dessertspoons of common salt. First day rub beef with sugar, next day sprinkle with salt-petre, let it stand two hours, then rub in the common salt and sprinkle with bay salt. Turn every day for about ten days. Wash off the brine and boil in the ordinary way.—Mrs. C. T. Richards, Mayoress of Wolverhampton.

FOR PICKLING A TONGUE ABOUT 7lbs.

1oz. Saltpetre, 2ozs. black pepper (ground), 8ozs. of very coarse sugar, 3ozs. of junipa berries (crushed), 7ozs. salt. Rub the ingredients well into the tongue, let it remain in the pickle for three weeks, turning and rubbing it every day. Boil very slowly for seven hours.—Mrs. J. Bruton, Mayoress of Gloucester.

PUDDINGS AND TARTS.

PUDDING HINT.

When making a fruit pudding grease the basin, and then put into it about a teaspoonful of brown sugar before lining it with paste. The sugar will have the effect of making the pudding turn out easily, and will, besides, give it a glazed, brown top.—Mrs. S. Hackett, Mayoress of Waterford.

ALMOND PUDDING

(See Cocoanut Pudding).

The same as Cocoanut Pudding but with raspberry jam, leaving out cocoanut and adding a few drops of rataphia essence in custard, and small rataphia biscuits on top instead of cocoanut. The dish should be three-parts filled before the custard is added.—Mrs. J. Rose Francis, Mayoress of Ealing.

ALMOND PUDDING.

Melt 1½ozs. butter, and mix with it $\frac{1}{4}$ lb. ground almonds, 1oz. castor sugar, 1oz. bread crumbs, a little grated lemon rind, and 2 eggs, and pour into this half-pint boiling milk. Line the edges of a pie-dish with puff pastry, pour in the mixture, and bake for half-an-hour.—Mrs. Owen Parker, Mayoress of Higham Ferrers.

ALMOND PUDDING.

Take 4 eggs, $\frac{1}{4}$ lb. of ground almonds, and $\frac{1}{4}$ lb. of castor sugar. Whisk the eggs well, then add sugar and whisk again. Lastly add almonds, and whisk all well together for twenty minutes. Well grease small pie-dish and bake in moderate oven for half-an-hour, and serve cold.—Mrs. B. Marks, Mayoress of Hove.

APPLE PUDDING.

2ozs. Butter, 2ozs. sugar, 2ozs. almonds (ground), 2ozs. bread crumbs, 1 egg. A few drops of almond essence are also an improvement. Stew some apples and sweeten them; they should be enough to three-quarters fill a medium-sized pie-dish. Cook these first, then spread the mixture given above on the top of the apples and bake in a medium oven for half-an-hour.—Mrs. A. E. Preston, Mayoress of Abingdon.

APPLE PUDDING (BAKED).

Five moderate-sized apples, 2 tablespoonfuls of finely-chopped suet, 3 eggs, 3 tablespoonfuls flour, 1 pint milk, a little grated nutmeg. Mix the flour to a smooth batter with the milk, add the eggs, well whisked, and put this batter into a well-buttered pie-dish. Wipe, but do not pare the apples, cut them in halves, cut and take out the cores, lay them in a batter, rind uppermost, sprinkle the suet to top, over a little nutmeg. Bake in a moderate oven for an hour, and cover when served with sifted sugar.—Mrs. Rhys Davies, Mayoress of Aberavon.

AUNT MARY PUDDING.

6ozs. Flour, 3ozs. suet, 2 tablespoonfuls sugar, 1 dessert-spoonful baking powder, 1 egg, a little milk. Grease the mould and put three tablespoonfuls of raspberry jam at the bottom, and steam for quite two hours.—Mrs. H. J. Beavis, Mayoress of Stoke Newington.

THE AUTHOR'S XMAS PUDDING.

3ozs. Flour, 3ozs. bread crumbs, 6ozs. suet, 6ozs. raisins, 6ozs. currants, 4ozs. of apples (minced), 5ozs. sugar, 2ozs. candied peel, $\frac{1}{2}$ teaspoonful spice, $\frac{1}{2}$ teaspoonful salt, 3 eggs, brandy and rum, $\frac{1}{2}$ wineglass of each. Mix all thoroughly together and boil six hours.—Mrs. S. H. Dening, Mayoress of Chard, Somerset.

BAKEWELL TART (VERY GOOD).

Grease a plate and line with pastry, well cover with raspberry jam and cover with the following mixture:—2ozs. butter and castor sugar, 3ozs. ground rice, 1 egg, and $\frac{1}{2}$ teaspoonful (small) baking powder. Beat butter and sugar to a cream, beat egg lightly and add lastly ground rice and baking powder. Beat well and if too stiff add a little milk. Bake half-hour in moderate oven. (A delicious tart.) Care must be taken in baking as top mixture soon browns.—Mrs. J. T. White, Mayoress of Barnstaple.

BAKEWELL TART.

(The Original Recipe.)

Three eggs, $\frac{1}{4}$ lb. of white sugar, $\frac{1}{4}$ lb. butter (the latter melt, but do not oil). Beat the butter and sugar together for ten minutes, then beat the eggs separately and stir them slowly into the butter and sugar, but on no account beat them. Line a shallow tin or plate with puff paste, put a layer of raspberry jam, then the mixture, and bake in a moderate oven for ten minutes.—Mrs. Stephenson, Mayoress of Sheffield.

BAKEWELL PUDDING.

½lb. Butter, ½lb. castor sugar, 4 yolks of eggs, 1 white of egg, a few blanched almonds, chopped fine, add lemon juice and rind according to taste, add butter a little warm to the eggs and sugar, but do not beat much with the other ingredients. Put a little raspberry jam in pastry cases, and the above mixture on the top, and bake in a quick oven until a nice brown.—Mrs. W. Scott Gibbs, Mayoress of Hartlepool.

BIRDS' NEST PUDDING.

6ozs. Flour, 3ozs. sugar, 3ozs. butter, a little new milk, any flavouring preferred, a little baking powder. Mix the dry ingredients together, rub in the butter, make it into a paste with the milk and flavouring, put the mixture into a well-greased border mould, and bake twenty minutes. Turn out, spread over some apricot jam, sprinkle with chopped Pistachio kernels for the moss, and fill with blanc-mange eggs. This is a pretty dish for children.—Mrs. Edwin Pound, Mayoress of Calne, Wilts.

BIRDS' NEST PUDDING.

Take as much sago as will make the size pudding required. Instead of milk add water, well sweetened, also add a little nutmeg grated. Let it cook gently in the oven until sago is soft, then fill the dish with whole apples, pared and cored, filling the hollow place with sugar, and if liked, a small squeeze of lemon juice. Return to the oven to cook the apples, which will have a nice appearance. The sago should only be of a thin consistency when cooked, so that the apples float in it. One hour to cook the sago, and one hour for the apples.—Mrs. F. H. Appleby, Mayoress of Newark-on-Trent.

LIGHT BREAD PUDDING (BAKED).

Breakfastcupful (not heaped) fine bread crumbs, heaped tablespoonful corn flour, sugar and salt to taste, one egg (well beaten), and milk to form soft batter. Half fill dish, scatter a few lumps of butter on top. Bake half-an-hour.—Mrs. C. Hunt, Mayoress of Bournemouth.

Cupar.

BRISTOL PUDDING.

Two teacupsful of flour, 1 teacupful of sugar, 1 teacupful of milk, 1 egg, a little vanilla, 2 teaspoonsful of baking powder, 2ozs. butter or dripping. Melt dripping and add sugar, milk, egg and vanilla, and lastly flour, to which the baking powder has been previously added. Put into a buttered pie-dish and bake slowly. Serve with jam.—Mrs. E. Deer, Mayoress of Stratford-upon-Avon.

BROWN PUDDING.

$\frac{1}{2}$ lb. Bread crumbs, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. sultana raisins, $\frac{1}{2}$ lb. sugar, 1 nutmeg, teaspoonful baking powder, 3 eggs, and a little salt. Mix all together with milk, and steam for four hours.—Mrs. J. W. Williamson, Wife of Provost Williamson,

CHRISTMAS PUDDING (Without Eggs).

$\frac{1}{4}$ lb. Carrots (grated), $\frac{1}{4}$ lb. bread crumbs, $\frac{1}{4}$ lb. sugar, 6ozs. currants, $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. suet, 6ozs. raisins (stoned), nutmeg and salt to taste. Boil four hours. This requires no moisture to mix, the carrots are washed, and just the outside (deep colour) of the carrot grated raw.—Mrs. Thomas Coxon, Mayoress of Huntingdon.

CHRISTMAS PUDDING.

1lb. Flour, 1lb. raisins, 1lb. suet, 1lb. currants, 1lb. sultanas, 1lb. sugar, $\frac{1}{4}$ lb. orange peel, 2ozs. mixed spice, 1 grated apple, 3 eggs, salt and buttermilk. Clean the fruit and chop the suet. Mix the dry ingredients well together, beat the eggs and mix all with buttermilk. Boil for eight hours.—Mrs. John Davidson, Wife of Provost Davidson, Queensferry (South).

CHRISTMAS PUDDING (Own Recipe).

2lbs. Flour, 2lbs. kidney beef suet, $\frac{1}{2}$ lb. bread crumbs, 3lbs. raisins (stoned and cut across), 3lbs. currants (well washed and picked over and dried), $\frac{1}{2}$ lb. mixed candied peel (chopped and sliced finely), 1 tablespoonful of allspice, 1 $\frac{1}{2}$ lbs. demerara sugar, 1 tumbler of brown brandy, 10 or 12 eggs, $\frac{2}{3}$ pint of milk. Mix flour and bread crumbs well with the suet, adding a small teaspoonful of salt, and the allspice, then add the sugar, and after that all the fruit. Beat the eggs well in a basin large enough to add the brandy and milk, and mix in well to the dry ingredients. Mix until everything is well moistened, and let stand whilst you butter the basins. Then mix again and fill each basin, putting oiled paper over, and then tie tightly with pudding cloths. Boil seven hours, and when wanted for eating boil another seven hours, and serve with wine sauce or pour brandy over and set it alight just before putting on the table. This quantity makes five or six medium sized puddings.—Mrs. Y. Wessley Martin, Mayoress of Reading.

CHRISTMAS PUDDING.

1 $\frac{1}{4}$ lbs. bread crumbs, 1lb. sultanas, $\frac{1}{2}$ lb. mixed peel, $\frac{3}{4}$ lb. brown sugar, 1lb. large raisins, 1lb. currants, 1lb. beef suet, nutmeg and spice to taste. Mix with six eggs and milk and boil for six hours.—Mrs. John Johnson, Mayoress of Kidderminster.

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CHRISTMAS PUDDING.

3lbs. best Plums, 2lbs. best currants, 1lb. best candied peel, 1½lbs. beef suet, ½lb. flour, ½ quartern tin loaf, 1 lemon, wine-glass brandy, 5 eggs, teacupful milk, 1 teaspoonful salt, ½ grated nutmeg, ½ grated ginger, sprinkling cayenne pepper. Chop suet, stone plums, wash and thoroughly dry currants, slice candied peel, grate all the crumbs of loaf, chop very finely the peel of lemon, add spice and salt and flour, mix all together over-night. Next morning beat eggs, add with milk and brandy to dry ingredients, stir thoroughly 15 minutes, then stand by for one hour, put in buttered moulds, and boil fast for four hours. These will keep for six months, and require boiling another two hours when wanted.—Miss M. F. Cramphorn, Mayoress of Chelmsford.

CHRISTMAS PUDDING.

1lb. Almonds, 9lbs. raisins, 3lbs. sultanas, 4lbs. flour, 1½ to 2lbs. bread crumbs, 4 nutmegs, ½lb. spice, 1 pint brandy, 4lbs. mixed peel, 6lbs. suet, 4lbs. demerara sugar, 18 to 20 eggs, 3 pints of old beer.—Miss Hayes, Lady Mayoress of Bristol.

CLAIRVOYANT PUDDING.

5ozs. Sultana Raisins, 2ozs. currants, 6ozs. bread crumbs, 5ozs. suet, 2 eggs and a little milk. Mix all dry ingredients well together and moisten with egg, well beaten in milk. Boil from 2 to 2½ hours.—Kathleen Suncox, Mayoress of Cork.

CLYDEBANK PUDDING.

2ozs. Butter, 2ozs. sugar, 1 egg, $\frac{3}{4}$ cupful of milk, 1 teacupful of flour, $\frac{1}{2}$ teaspoonful of carbonate of soda, and 1 tablespoonful of jelly. Rub butter and sugar, add egg, well beaten, add all other ingredients, pour into mould, and steam gently for $1\frac{1}{2}$ hours.—Mrs. John Taylor, Wife of Provost Taylor, Clydebank.

CHEESE PUDDING.

Few slices of thin bread and butter, 1 egg, pepper and salt, $\frac{1}{2}$ pint milk, 3ozs. grated cheese, bread crumbs. Grease a pie-dish and coat with crumbs, put in a layer of bread and butter, then cheese and season, with a layer of cheese on the top. Beat an egg, add it to the milk and pour on gradually. There will seem to be too much liquid at first but it will soak up. Put a few bits of butter on the top. Bake until set.—Mrs. A. J. Woodroffe, Mayoress of Lyme, Dorset.

CHOCOLATE PUDDING.

2ozs. of grated chocolate, 3 or 4ozs. stale savoy biscuits or sponge cakes and ratifias, vanilla flavouring or lemon rind, 1 pint of milk, 1 tablespoonful of castor sugar, 2 eggs. When the milk has boiled pour into the crushed cake and let it steam 20 minutes in the saucepan. Add the yolks of eggs and a generous lump of butter. Mix all together, put into a greased dish, and lightly bake. Beat whites stiff, add a little castor sugar and lemon juice or vanilla, put on pudding and return to the oven until set.—Miss Eveline Anderson, Mayoress of St. Ives, Hunts.

COCOANUT PUDDING.

One quart of milk, 2 tablespoonsful of sugar, a good thick slice of bread, and two handfuls of cocoanut. Cook well, then add a well-beaten egg and a little flavouring, and allow to simmer.—Miss B. H. Taylor, Mayoress of Mansfield.

COCOANUT PUDDING (DELICIOUS COLD PUDDING).

Take a pie-dish and cover the bottom with apricot jam, then put some regine or flake rice about an inch deep, sprinkle over a tablespoonful of desiccated cocoanut, then put a little more jam and another layer of regine and cocoanut. Make a custard of eggs, milk and castor sugar, pour over the pudding, then take some pyramid cocoanut biscuits and place all over the top, grating over a little nutmeg. Bake till nicely set and a pale biscuit colour.—Mrs. J. Rose Francis, Mayoress of Ealing.

COFFEE PUDDING.

Six 1d. sponge cakes, 2ozs. butter, 4 tablespoons coffee essence, 3 eggs, 3ozs. sugar. Beat yolks, butter and sugar together, then add slowly coffee essence, stirring briskly all the time. Now cut the sponge cakes in halves and spread with the mixture, which should be like thick cream. Put cakes into a mould, filling to the top. Put saucer on top and a weight to press it (well grease the mould). Turn out and serve with coffee custard and whipped cream over. This is a very good sweet and I am often asked for the recipe.—Mrs. C. L. Fox, Mayoress of Bethnal Green.

COLD SPONGE PUDDING.

Three stale sponge cakes, 1lb. apples, 4ozs. sugar, 3 eggs, $\frac{3}{4}$ pint milk, $\frac{1}{2}$ oz. butter, 2 tablespoonsful water, a pinch of nutmeg or rind of lemon. Grease a pie-dish, cut the cake into fingers, arrange to fit closely round the sides and bottom of the dish. Peel, core and cut the apples into thick pieces, put in pan with water and stew until tender. Beat with a fork, add 3ozs. sugar, butter and nutmeg. Put into the pie-dish and cover with the remainder of cake. Separate the whites from the yolks of eggs, beat yolks and 1oz. of sugar together, add milk, pour into a jug, place in a pan of boiling water, and stir one way round until thick, then pour over cake and fruit and stand one hour. Whip whites to a stiff froth, add a little sugar, lightly mix quickly, pile on pudding roughly. Brown in the oven three minutes.—Mrs. T. Free, Mayoress of Marlborough.

COLCHESTER PUDDING.

$\frac{1}{2}$ lb. Butter (beaten to a cream), 2 eggs, 5ozs. flour, 2ozs. sugar, $\frac{1}{2}$ pint milk. Put strawberry jam at the bottom of mould. Steam $1\frac{1}{2}$ hours.—Mrs. C. Watson, Mayoress of Sandwich.

CRAIGMORE PUDDING.

1oz. Gelatine, dissolve in $\frac{1}{2}$ pint milk for $\frac{1}{2}$ hour or more. Mix in basin yolks of 3 eggs, add 3 tablespoonfuls of sugar, vanilla or lemon essence. Put 1 pint of milk on to boil, and pour it, just off the boil, over eggs and sugar into the basin. Put gelatine and milk into a small pan, stir over a gentle heat till melted, then add it to the custard in the basin. Return all to the pan for a few minutes, but do not boil. Have ready an ornamental mould. Cut 1d. sponge cake into small slices and lay them round the mould. Pour in half the custard and allow it to set. Then cut up another sponge cake and a little fruit, and lay lightly on it. Colour the rest of the custard with a few drops of cochineal and pour into the mould. A few cake crumbs may be mixed with the slices of sponge cakes.—Mrs. Chinery, Mayoress of Lymington, Hants.

CUPAR DUMPLINGS FOR STEW.

Two tablespoonfuls of flour, small teaspoonful of baking powder, a little each of suet, pepper and salt. Mix into a stiff dough with water, dividing into three or four balls. Put into stew about a quarter of an hour before serving.—Mrs. J. W. Williamson, Wife of Provost Williamson, Cupar.

CUP PUDDING.

1 cup Currants, 1 cup sugar, 1 cup ground rice, 1 cup suet, 1 cup bread crumbs, and bind with egg.—Mrs. Wm. Wise, Mayoress of Launceston.

CUPFUL PUDDING.

$\frac{1}{4}$ lb. Suet, 1 teacupful raisins, 1 teacupful currants, 1 teacupful bread crumbs, 1 teacupful flour, $\frac{1}{2}$ teacupful sugar, $\frac{1}{2}$ teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful ginger, a little nutmeg, 2 eggs, a little milk. Put all the dry ingredients into a basin, mix well together, add the egg (well beaten), and lastly the milk. Pour into a buttered basin and boil two or three hours.—Mrs. R. E. Highton, Mayoress of Workington.

DATE PUDDING.

$\frac{1}{2}$ lb. Dates, $\frac{1}{4}$ lb. suet, $\frac{1}{2}$ lb. bread crumbs, nutmeg, 2 eggs, salt. Chop up the dates and suet very fine, add the sugar, bread crumbs, a little nutmeg, and a pinch of salt. Mix up all the ingredients with the eggs, well beaten. Put the mixture into a pudding basin, and boil for four hours.—Mrs. R. E. Highton, Mayoress of Workington.

“DUN FILLEN” PASTE FOR FRUIT TARTS.

Three tablespoonfuls of flour, 1 tablespoonful castor sugar, 1 tablespoonful of butter, 1 egg, 1 teaspoonful of baking powder unless self-raising flour is used. Beat sugar and butter to a cream, add the egg and beat again, then add the flour gradually. Have the fruit partly cooked in the pie-dish, then spread the paste lightly over (if too stiff to spread nicely add a little milk) and bake in a quick oven. Do not have too much syrup in the pie-dish.—Mrs. J. Norton, Mayoress of Shaftesbury.

EMPRESS PUDDING.

$\frac{1}{2}$ oz. Gelatine (or a little more), dissolve in $\frac{1}{4}$ pint of water, $\frac{1}{2}$ pint of milk, $\frac{1}{4}$ lb. of loaf sugar, and 4 eggs. Beat yolks of eggs, stir all the above into a custard nearly to boiling point. Take off and stir in the whites of the four eggs, beaten to a very stiff froth. Pour into a mould, add a wineglass of sherry into the middle of the mould, and do not touch the mould after the wine has been added. Make the day before ready for use.—Mrs. Wm. Bridge, Mayoress of Bury, Lancs.

EMPRESS PUDDING.

$\frac{1}{2}$ oz. Gelatine dissolved for 12 hours in $\frac{1}{4}$ pint cold water, $\frac{1}{2}$ pint milk, $\frac{1}{4}$ lb. lump sugar. Heat to boiling point and pour into four yolks of eggs (well beaten). Make into a custard. Have ready four whites of eggs beaten to a froth, and stir lightly into the custard. Pour into a mould thoroughly wet with cold water, and stand it where it is to cool. Then pour into the centre through a funnel one glass of sherry. This will form a jelly on the top of the pudding. N.B.—The mould must on no account be moved after the sherry is put in.—Mrs. E. C. Patching, Mayoress of Worthing.

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EVE'S PUDDING.

The weight of one egg in sugar and butter, 3ozs. of flour, a small teaspoonful of baking powder. Beat the butter to a cream, add sugar, flour and baking powder and egg, well beaten. Fill a pie-dish three-parts full of apples, add sugar and a little water, pour the mixture over the top and bake a pale brown.—Mrs. F. E. Atkinson, Mayoress of Brighouse.

FIG PUDDING.

$\frac{1}{2}$ lb. Bread crumbs, $\frac{1}{4}$ lb. suet, 6ozs. brown sugar, $\frac{1}{2}$ lb. figs, 2ozs. Flour, 2 eggs, a little nutmeg and a little salt. The figs and suet to be chopped very fine and well mixed with the other dry ingredients, then add the eggs (well beaten), and a little milk if necessary. Press into a buttered mould, tie over with a cloth and boil for four hours. Half-a-pound of stoned dates may be used instead of the figs to make a Date Pudding.—Lady E. Scott Foster, Mayoress of Portsmouth.

FRENCH PANCAKES.

For two persons:—1 egg, 1oz. butter, 1oz. sifted sugar, 1oz. flour, $\frac{1}{4}$ pint milk, $\frac{1}{4}$ lb. apricot jam. Break an egg into a basin and beat well with 1oz. of butter, stir in 1oz. sifted sugar, also 1oz. flour; when well mixed $\frac{1}{4}$ pint of milk, beat for ten minutes. Put on small buttered plates, bake in a quick oven for 20 minutes. Heat some jam and spread on one half of each pancake, folding the other over.—Miss Gertrude Barbara Hayes, Lady Mayoress of Bristol, 1909-1911.

FRESH FRUIT PUDDING COLD.

1lb. of Fruit, $\frac{3}{4}$ lb. sugar, $3\frac{1}{2}$ ozs. fine sago, 1 pint of water. Cook in jar or double saucepan until fruit and sago amalgamate, then turn into mould.—Mrs. Edwin Finn, 28 times Mayoress of Lydd, Kent.

FRENCH PANCAKES.

2 Eggs, 2ozs. butter, 2ozs. sifted sugar, 2ozs. flour, $\frac{1}{2}$ pint new milk. Beat the eggs thoroughly and put in basin with the butter, which should be beaten to a cream. Stir in the sugar and flour. When these ingredients are all well mixed, add the milk, which should be slightly warm. Stir and beat the mixture for a few minutes, put on buttered saucers, and bake in a quick oven 20 minutes. Serve with a little jam or marmalade in each, turned over with castor sugar sifted over.—Mrs. C. J. Austin, Mayoress of Hemel Hempstead.

GINGER BREAD PUDDING.

6ozs. Flour, 6ozs. treacle, 6ozs. suet, 1 egg, 2 tablespoonsful milk, grated ginger to your taste, a little grain rind, and carbonate of soda. Boil or steam two hours.—Mrs. Newbold, Mayoress of Derby.

GINGER PUDDING.

One cupful of flour, 1 cupful of bread crumbs, 4ozs. suet, 1 teaspoonful of ginger, 1 teaspoonful of baking powder, 1 tablespoonful of treacle, 1 tablespoonful of sugar, 1 egg beaten up in a little milk. Steam in a buttered mould two or three hours, serve with either golden syrup sauce, hot custard, or butter sauce.—Mrs. Walter Forrest, Mayoress of Pudsey.

FREE KIRK PUDDING.

Two tablespoonfuls of flour, 2 tablespoonfuls of ground rice, 2 tablespoonfuls of sugar, 2 tablespoonfuls of bread crumbs, 2 tablespoonfuls of currants, 2 tablespoonfuls of sultanas, 2 tablespoonfuls chopped suet, 1 teaspoonful of carbonate of soda and a little salt. Mix with milk, put in a buttered mould, and boil for two hours.—Mrs. Miller, Mayoress of Preston.

GERMAN PASTRY.

6ozs. of Flour, 4ozs. of butter, yolk of an egg, $\frac{1}{2}$ oz. of castor sugar. Mix altogether, cut in fingers and bake.—Mrs. S. W. Hook, Mayoress of Honiton.

GOOSEBERRY PUDDING (BOILED).

For six persons :— $\frac{3}{4}$ lb. of suet, $1\frac{1}{2}$ pints of green gooseberries, $\frac{1}{4}$ lb. of moist sugar. Line a pudding basin with suet crust, roll it out about $\frac{1}{2}$ inch in thickness, and cut tops and tails of gooseberries. Fill basin with the fruit, add the sugar, then cover them with suet crust, tie over it a floured cloth and put it in boiling water and boil for three hours. Turn it out when done and serve with cream or milk.—Mrs. S. Wood, of Wigan.

HONEY PUDDING.

Two eggs, their weight in flour and butter, the weight of one egg in sugar, 2 or 3 tablespoonsful of raspberry jam, one teaspoonful of carbonate of soda. Beat the butter to a cream, add eggs (well beaten), jam, sugar and flour, to which the soda has been mixed. Pour into a buttered mould and steam for two hours.—Mrs. H. J. Beavis, Mayoress of Stoke Newington.

IRIS PUDDING.

Cream together 2ozs. butter, 2ozs. sugar and 1 beaten egg, then add $2\frac{1}{2}$ ozs. flour, $\frac{1}{4}$ teaspoonful baking powder, and a very little milk. Divide the mixture into three parts, add a little vanilla flavouring to one part, a teaspoonful of cocoa or chocolate to another part, and colour the third part with cochineal. Put in alternate spoonfuls in a buttered mould and steam one hour. Serve with custard sauce.—Mrs. F. E. Atkinson, Mayoress of Brighouse.

JENNIE PUDDING.

3 Eggs, their weight in butter, sugar and flour, 2 teaspoonfuls of baking powder, 3 tablespoonfuls raspberry jam. Beat the butter and sugar to a cream, then add the other ingredients. Steam for three hours in a buttered basin.—Mrs. R. E. Highton, Mayoress of Workington.

LEMON PUDDING.

1 Lemon, 1 teacup sugar, 1 teacup water, 1 egg, $\frac{1}{2}$ lb. suet crust. Mix together sugar, water, grated rind and juice of lemon and well-beaten egg. Line basin with thick suet crust, pour mixture in cover, with top crust joining the two closely. Boil at once for two hours.—Mrs. C. Hunt, Mayoress of Bournemouth.

LEMON PUDDING.

$\frac{1}{2}$ lb. Bread crumbs, $\frac{1}{2}$ lb. suet, $\frac{1}{4}$ lb. of sifted sugar, rind of two lemons (grated), juice of one, 2 eggs. Mix together the dry ingredients, then add the lemon juice, and lastly the well-beaten eggs. Boil in a buttered basin for three-quarters of an hour.—Mrs. G. W. Hawkins, Mayoress of Brackley.

LIGHT PUDDING.

$\frac{1}{2}$ lb. Suet, $\frac{1}{2}$ lb. bread crumbs, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. apples, a little nutmeg, a little grated lemon peel, 3 eggs. Boil three hours.—Mrs. Edwin Finn, 28 times Mayoress of Lydd, Kent.

LUCY PUDDING.

One cup of milk, 1 egg, 1 large cup of sugar, 2 cups of flour, 1 tablespoonful of butter, 1 tablespoonful of baking powder. Steam for two hours.—Mrs. J. V. Mainprize, Mayoress of Bridlington.

MACARONI PUDDING.

1oz. Macaroni, 1 pint milk, 2 eggs, juice and rind of a lemon, 1oz. butter, 1oz. sugar. Simmer macaroni in the milk till tender. Beat up yolks, sugar, butter, lemon juice and rind (grated). Stir all together. Beat whites to a stiff froth and mix gently. Bake for ten minutes or till brown.—Mrs. R. E. Highton, Mayoress of Workington.

MARGUERITE PUDDING.

$\frac{1}{4}$ lb. Flour, 2ozs. butter, 2ozs. sugar, 1 egg, 2 tablespoons milk, 1 teaspoon baking powder, essence of lemon to taste. Cream butter and sugar, add egg, milk and lemon flavouring. Now dredge in flour and baking powder. Line a pudding shape with jam and put in butter, tie over with cloth and steam $1\frac{1}{2}$ hours.—Mrs. T. E. Thirtle, Mayoress of Lowestoft.

MARMALADE PUDDING.

$\frac{1}{2}$ lb. finely-chopped Suet, 6ozs. marmalade, 2 eggs (well beaten), $\frac{1}{2}$ lb. bread crumbs, tablespoonful flour, tablespoonful brown sugar. The ingredients to be well mixed and placed in a pudding basin, the basin to be well greased with butter, and a little brown sugar at the bottom of the basin, the pudding to be steamed for about four hours.—Mrs. H. E. Davis, Mayoress of Gravesend, Kent.

MARMALADE PUDDING.

2ozs. Flour, 2ozs. butter, 2ozs. sugar, 2 eggs, 1 tablespoonful marmalade, 1 small teaspoonful bicarbonate of soda. Put the flour into a basin with the sugar, butter, marmalade, yolks of eggs, and soda. Mix these well together, then whip the whites of eggs to a stiff froth and add to the mixture, stirring all well together. Pour it into a buttered mould and boil for an hour. Serve with sauce.

Sauce for above Pudding.

$\frac{1}{2}$ oz. Butter, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ pint milk, 2 or 3ozs. sugar, a little cream if required. Mix the butter into the flour and sugar thoroughly, add the milk gradually and bring to the boil, stirring all the time. Flavour with lemon or vanilla or almond to taste.—Hannah B. White, Niece of Provost Duncan Ferguson, Burntisland.

MINCEMEAT.

2lbs. suet, 2lbs. sultanas, 2lbs. currants, 2lbs. moist sugar, 1lb. mixed peel, 1lb. apples, 3 lemons, 2 nutmegs. Grate the rind of lemons and squeeze juice, chop peel finely and mix with $\frac{1}{2}$ pint of brandy or brandy and sherry if preferred. This mixture keeps for months.—Mrs. W. E. Randall, Mayoress of Bridport.

MOUSSELINE PUDDING.

Mix 1oz. of fresh butter on the fire with 1oz. of flour, taking care it does not colour. Add 1 gill of milk, stir well, then add, off the fire, the strained yolks of four eggs, castor sugar, and essence of vanilla. When the mixture is nearly cold add the whites of the eggs beaten to a stiff froth. Mix the whole swiftly. Pour into a well-buttered basin, place in a pan of boiling water, put a piece of buttered paper on the top, and let the saucepan stand beside the fire until the pudding is wanted, the water in it kept hot but on no account allowed to boil. Turn it out and garnish with preserved apricots made hot, or raspberry sauce.—Lady Behrens; Lady Mayoress of Manchester.

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MINCEMEAT.

4lbs. Apples, 4lbs. suet, 4lbs. raisins, 4lbs. currants, 2lbs. sugar, 1lb. peel, 1 doz. cloves, 1 nutmeg, 1 teacupful of brandy.—Mrs. A. S. Bury, Mayoress of Accrington.

MOSS PUDDING.

Take 2 eggs, their weight in butter, flour and castor sugar, 1 dessertspoonful marmalade, $\frac{1}{2}$ teaspoonful carbonate of soda. Beat butter to a cream, add flour, sugar, soda and marmalade, and lastly the eggs, well beaten. Boil for three hours.—Mrs. Debenham, Mayoress of St. Marylebone.

NATAL PUDDING.

Soak $\frac{1}{2}$ oz. of gelatine in $\frac{1}{2}$ pint of cold water till soft, grate the rind of half a lemon and squeeze the juice of two. Beat the yolks of 2 eggs well together, and pour $\frac{1}{2}$ pint of boiling water on 6ozs. of loaf sugar. Mix all together and stir over the fire while it thickens, not allowing it to boil. Beat the whites of eggs to a stiff froth when done, mix all together, and pour into a mould.—Mrs. Albert Gutteridge, Mayoress of Dunstable.

NICE PUDDING.

Cover the bottom of a pie-dish with half-an-inch of fine bread crumbs, add the grated rind of a whole lemon, a tablespoonful of white sugar, and a pinch of salt. Cover with three eggs (lightly beaten), and a pint and a half of milk. Bake in a medium oven, and when cool cover with raspberry jam, and pile up with whipped cream.—Mrs. George Stace, Mayoress of Cambridge.

NUNS' CREAM PUDDING.

Two good tablespoonsful of flour, add gradually 1 quart of milk, 2 eggs, 3ozs. white sugar, a few drops of vanilla flavouring, set over a slow fire, stirring all the time until it boils, then pour into a shallow dish and serve when cold. A few ratifica biscuits may be placed at the bottom of the dish.—Mrs. Weston Miller, Mayoress of Wisbech.

ORANGE PUDDING.

2 Eggs, and their weight in butter, flour and castor sugar, grated rind and juice of 2 oranges, 1 teaspoonful of baking powder. Beat the butter and sugar together, mix the flour and orange rind and stir lightly into butter and sugar, after adding beaten eggs to latter. Then strain the orange juice into the mixture, pour all into a greased basin. Steam 1½ hours.—Miss Eveline Anderson, Mayoress of St. Ives, Hunts.

PADDINGTON PUDDING.

2 Eggs, 4ozs. of butter, 2ozs. castor sugar, 4ozs. of bread crumbs, 2 tablespoonfuls of jam, 1 tablespoonful of bicarbonate of soda. Beat butter and sugar to a cream, add the eggs, well beaten, and add bread crumbs, then the jam. Mix all well together, then add the carbonate of soda. Grease a basin and boil for two hours.—Mrs. A. L. Forrester, Mayoress of Malmesbury.

PASTRY.—My Own Way.

Take what butter you like, beat nearly to a cream, break one egg on it, add a little lemon juice, sift in, stirring with your hand as much flour as the creamy mixture will take up, till the consistency of the ordinary short crust, not stiff. Roll out, cover your tart and fire quickly. Time, five minutes.—Katherine Muir Mackean, Wife of the Lord Provost of Paisley.

PINEAPPLE PUDDING.

2ozs. of Butter, 2ozs. of castor sugar, 1 gill syrup from pineapple, 2 gills of milk, 2ozs. of flour. Put the butter into a saucepan, and when hot add the flour and milk, stirring all the time, then add syrup from pineapple and the sugar, stir well and boil five minutes. After cooling add the yolks of three eggs and the pine, cut into small pieces, put into a greased dish and bake in a moderate oven for half-an-hour. Cover the top with whipped cream.—Mrs. James, Malkin, Mayoress of Glossop.

PLAIN PUDDING.

$\frac{1}{2}$ lb. lard, $\frac{1}{4}$ lb. sugar, 1 egg, $\frac{1}{2}$ lb. flour, 1 teaspoonful of baking powder. Beat lard and sugar to a cream, beat egg well and add. Mix flour and baking powder and sift in, mixing all the time. Add a little milk if too stiff. Steam in buttered basin covered with greased paper for one hour or longer.—Mrs. E. Deer, Mayoress of Stratford-on-Avon.

PLUM PUDDING.

4lbs. Bread, 4lbs. suet, 4lbs. raisins, 4lbs. currants, 2lbs. sugar, 1lb. flour, 1lb. candied peel, 2 nutmegs, 6 new laid eggs, mix with old ale.—Mrs. A. S. Bury, Mayoress of Accrington.

PRESTEIGN OR LAID PUDDING.

Take either 1 French roll, 2 buns, or 6 breakfast biscuits. (If roll or buns cut into slices, if biscuits break up). Well butter a pie-dish, lay roll in, and add 2 tablespoonfuls of sugar (or a little more if liked sweet). Next add two or three eggs and milk to fill dish. Flavour with candied peel or almonds, and make it richer if required by adding more eggs. Bake an hour, turn out and serve with sherry sauce.—Mrs. Alfred Baker, Mayoress of Tewkesbury.

POFFERTIES—An African Recipe.

6ozs. Flour, 3ozs. butter, 3 eggs, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ pint milk, and lard for frying. Melt the butter in a saucepan, pour in the milk and bring to boiling point. Take the pan off and stir in the flour quickly. At first it will look lumpy; beat it well for a minute and it will form a smooth paste. Stir this mixture over a gentle heat until it can be turned about in the pan without sticking to the sides, leave to cool a little, then beat in one by one the yolks of the eggs, then salt, and lastly the whisked whites of the eggs. Heat the lard to fry and put a teaspoonful of the mixture, fry slowly, when brown lift from the pan and serve as quickly as possible. As a savoury, dust with Parmesan Cheese; as a sweet with sifted sugar and jam.—Mrs. D. J. Kendall, Mayoress of Warwick.

PRUNE PUDDING.

$\frac{3}{4}$ lb. Prunes, stewed and sweetened. Remove the stones and cut up the prunes. Beat the whites of four eggs on a large platter, and gradually add to them the prunes when cold, beating continually. Turn into a pudding dish and bake 20 minutes. Beat stiff a teacupful of sweetened cream and spread on the pudding when cold.—Mrs. Morris, Wife of the Provost of Anstruther Easter.

QUEEN PUDDING.

6ozs. bread crumbs, 2ozs. sugar, 1oz. butter, 3 eggs. Pour two teacupfuls of boiling milk over bread crumbs and let it stand half-an-hour. Then grate the rind of one lemon, add the yolks of three eggs, and bake half-an-hour. When cold turn out and spread with a layer of jam, or squeeze the juice of a lemon over. Whip up the whites of eggs to a stiff froth and heap over it.—Mrs. A. S. Bury, Mayoress of Accrington.

RAISIN DUMPLING.

Three breakfastcupfuls self-raising flour, 1 teacupful finely minced suet, $\frac{1}{2}$ teacupful sultana raisins, $\frac{1}{2}$ teacupful stoned muscatel raisins, 3 tablespoonfuls sugar, 1 tablespoonful treacle, 1 egg (well beaten), milk. Mix dry ingredients thoroughly together, adding the treacle, the egg, well beaten, and sufficient milk to make into a softish dough. Boil for three hours in a dry cloth.—Mrs. Wilson, Wife of the Provost of St. Andrews.

RASPBERRY PUDDING.

The weight of two eggs in flour, butter and sugar, $\frac{1}{2}$ tea-spoonful carbonate of soda, 2 tablespoonfuls of raspberry jam. Beat the butter and sugar to a cream, add half the flour and one egg. Mix carbonate of soda with other egg, add it to the remaining flour, last of all the jam. Mix well and boil for $\frac{3}{4}$ of an hour, or steam one hour in a buttered basin.

Sauce.

Mix one tablespoonful of cornflour with two tablespoonfuls of raspberry jam, add half-pint of boiling water, strain into a saucepan and boil to thicken, then pour over the pudding.—Mrs. George Stace, Mayoress of Cambridge.

ROMAN PUDDING.

4ozs. of Rice boiled in a little milk, 4ozs. of finely chopped cold meat, a very little onion, herbs, pepper and salt. Mix well with a little gravy, and, if desired, 1 egg well beaten. Boil three-quarters of an hour in a buttered basin and serve with plenty of good gravy in the dish. Macaroni or sago may be substituted for rice. If your meat is white you may have white sauce instead of gravy.—Mrs. R. A. Wilson, Mayoress of Salisbury.

RICE PANCAKES.

Half-pint of the remains of rice or rice pudding, 1 egg, 1 tablespoonful of sugar, 1 tablespoonful of flour. Beat the egg, mix with rice and sugar, add enough flour to make a batter, rather thicker than for ordinary pancakes. Butter frying pan, put in a spoonful, fry quickly, turn, serve on a hot dish.—Mrs. Helen P. Ballantyne, Wife of the Provost of Peebles, Scotland.

FRENCH RICE PUDDING.

Put one pint of milk on to boil with 3ozs. of rice. When quite thick take it from the fire and add 3ozs. of castor sugar, 3ozs. of suet, $\frac{1}{4}$ lb. sultanas and 2 eggs. Put into a well-buttered mould and boil four hours.—Mrs. Chinery, Mayoress of Lymington, Hants.

SALOON PUDDING.

Four eggs, and their weight in butter, flour and sugar. Mix all well together. Have ready some raspberry jam that has been rubbed through a sieve; add two or three tablespoonfuls. Mix all well together, and put into a plain mould that has been well buttered. Steam for two hours.—Miss Trigger, Mayoress of Newcastle-under-Lyme.

Sauce for Saloon Pudding.

$\frac{1}{4}$ -pint of Cream, a little sugar, two tablespoonfuls of jam that has been rubbed through a sieve, add a few drops of cochineal to make it a pretty pink. Whisk until it is rather thicker than custard, and pour it on the hot pudding when sent to table.—Miss Trigger, Mayoress of Newcastle-under-Lyme.

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SAGO PLUM PUDDING.

1½ teacupfuls of Bread crumbs, 1 tablespoonful of sugar, 2 tablespoonfuls small sago, ½ teaspoonful cinnamon, 1 teacupful muscatel raisins, 1oz. butter, 1 teaspoonful of baking soda, fully ½ pint of milk. Soak sago in milk three hours; mix all other ingredients, stone and chop raisins, mix well, pour into a well-greased basin and steam three hours. Sufficient for five persons. A most delicious and light pudding.—Mrs. Mary Wilson, Wife of Provost, St. Andrews.

SPONGE PUDDING.

3 Eggs, the weight of 2 eggs in butter, flour and sugar. 1 teaspoonful baking powder. Mix dry ingredients, rub butter into these, add eggs, one at a time, and beat smooth. Pour into buttered mould. Steam 1½ hours.—Mrs. R. E. Highton, Mayoress of Workington.

SPONGE PUDDING.

The weight of 2 eggs in flour, butter and castor sugar. Beat butter to a cream, add other ingredients with flouring to taste, bake ¾ of an hour in moderate oven, turn out, serve with sifted sugar.—Mrs. C. J. Austin, Mayoress of Hemel Hempstead.

SPONGE PUDDING.

½lb. Flour, 1 egg, 2ozs. butter, 2 teaspoonfuls baking powder, 2ozs. sugar, little milk, apples. Mix dry ingredients together and rub in butter, add egg beaten, then milk to make a soft consistency. Butter a pudding bowl, half fill with apples (cut in slices) and sugared. Pour mixture over and steam for two hours.—Mrs. M. B. Anderson, Wife of the Provost of Dysart.

SHAFTESBURY HOUSE PUDDING.

One breakfastcupful of bread crumbs, $\frac{1}{2}$ breakfastcupful of suet, $\frac{1}{2}$ breakfastcupful of black currant jam, 1 heaped tablespoon of flour, 1 small tablespoon of brown sugar, a good pinch of nutmeg and salt, and enough milk to moisten. Well mix and put into a greased mould. Cover with a greased paper and steam for three hours.

Sauce for above.

Two tablespoonfuls of sugar, 1 teacup of water, 1 teaspoon of jam. Boil the sugar and water for five minutes, then melt the jam in it and strain. A squeeze of lemon juice is an improvement.—Mrs. G. J. Abell, Mayoress of Leominster.

SHORT PASTRY.

12ozs. of Flour, 8ozs. of butter, 2ozs. of powdered sugar the yolk of 1 egg, no water. Rub the butter into the flour, add sugar, mix with the egg and roll out once or twice.—Mrs. Harold Mason, Mayoress of Leamington Spa.

ST. SURMINA PUDDING.

Beat up 3 eggs, $\frac{1}{4}$ lb. sugar, 3ozs. butter, 6ozs. flour, a few currants or stoned raisins, 1 tablespoon of red currant jelly. Boil for three hours.—Mrs. Chinery, Mayoress of Lymington, Hants.

STEAMED GROUND RICE PUDDING.

2ozs. Ground Rice, 2ozs. suet, 2ozs. flour, $\frac{1}{2}$ teaspoonful carbonate of soda, 12ozs. brown sugar, pinch of salt, 2ozs. raisins, $\frac{3}{4}$ teacupful of milk. Mix and steam for three hours.

SPANISH PUDDING.

One pint milk, 3ozs. flour, sugar to taste, about 6 lumps, and one egg. Put the milk into a saucepan with the sugar and any flavouring desired, but keep back sufficient out of the pint to mix with the flour into a smooth paste. Beat up the egg and add to the paste, and when boiling pour the milk on to the paste, stirring all the time. Then put back into the saucepan to cook for a few minutes until it thickens. Then put into a glass dish (steam it first or it will crack), and when cold cover the top thickly with Ratafia Biscuits, previously soaked in a glass of strong wine.—Mrs. J. W. Martin, Mayoress of Reading.

SURPRISE PUDDING.

5ozs. Flour, 4ozs. suet, one teacupful milk, one teacupful raspberry jam, one teaspoonful soda. Mix the flour, sugar, and suet in a bowl, made a hole in the flour and pour jam in the centre. Mix carbonate of soda (one teaspoonful) with the milk, and pour over jam, then mix thoroughly and put into greased mould. Steam for two hours, and serve with white sauce.—Mrs. J. R. Barbour, Mayoress of Bootle.

SUNDAY PUDDING.

6ozs. of Bread crumbs, 4ozs. suet, 3ozs. of sugar, 3ozs. of currants, 3ozs. of sultanas, 2 eggs, 1 teaspoonful of baking powder, salt. Mix fairly moist. Steam three hours.—Mrs. H. J. Beavis, Mayoress of Stoke Newington.

TOMATO TART.

First get some green tomatoes, cut them in slices, then put them in some good paste and cook in the ordinary way as a fruit tart. The taste is like apple and gooseberry and is guaranteed to be good.—Lady Fraser, Mayoress of Nottingham.

TWO OUNCE PUDDING.

2ozs. Butter, 2ozs. sugar, 2ozs. flour, 2 eggs, 1½ cups of milk, a little vanilla flavouring. Melt butter, then add sugar and flour gradually. Beat eggs together and mix, allow mixture to stand about one hour. Bake half-an-hour.—Mrs. John S. Rigg, Mayoress of Appleby, Westmorland.

TIGER PUDDING.

½lb. Flour, ½lb. suet, 1 dessertspoonful of sugar, 1 teaspoonful of baking powder, a little ground ginger and salt. Mix to a soft batter with milk. Butter a basin and pour in a good teacupful of syrup. Pour the batter on this and boil well. This will do with marmalade or jam instead of syrup.—Mrs. Wm. Bridge, Mayoress of Bury, Lancs.

TREACLE SPONGE.

4ozs. Flour, 4ozs. treacle, 2ozs. butter, 1oz. castor sugar, 1 teaspoonful baking powder, 1 egg, ½ cup milk. Well grease a basin, put in the treacle, make the sponge by beating the sugar and butter to a cream, add the egg, stir in the flour, baking powder and milk. Pour all on to the treacle. Cover with greased paper and steam for an hour.—Mrs. Gregor, Wife of Provost Gregor of Cullen.

VEGETABLE PUDDING.

Two cups grated raw potatoes, 1 cup of flour, 2 cups of raisins, 1 cup sugar, ½ cup butter melted, 1 teaspoonful each of cinnamon, cloves and nutmeg. One teaspoonful soda dissolved in the grated potatoes. Mix well, put in mould and steam for three hours. Serve with caramel sauce (see sauces).—Miss J. W. Ballantine, Mayoress of Londonderry.

XMAS PUDDING.

1½lbs. Bread crumbs, 1½lbs. raisins, 1½lbs. currants, 1½lbs. suet, peel of 1 lemon (chopped fine), 3ozs. almonds, 3 tea-spoonfuls mixed spice, ¾lb. mixed peel, ½lb. sugar, 12 eggs, a little milk. Boil six hours.—Mrs. George Blaze, Mayoress of Louth, Lincs.

XMAS PUDDING.

(It keeps quite good for two years or more.)

2lbs. of Raisins, 2lbs. of currants, 1lb. sultanas, 2lbs. sugar, 2½lbs. bread crumbs, 2lbs. suet, 1lb. candied peel, the rind of two lemons, 1oz. nutmeg (ground), 1oz. cinnamon, ½oz. bitter almonds, 2ozs. suet, ½ pint of brandy, 12 eggs. Boil for 12 hours and keep in a dry place, and steam for three hours when wanted.—Mrs. J. H. Bradley, Mayoress of Wareham.

XMAS PUDDING.

3lbs. best Plums, 2lbs. best currants, 1lb. best candied peel, 1½lbs. beef suet, ½lb. flour, half-quartern tin loaf, 1 lemon, wineglass brandy, 5 eggs, teacupful milk, 1 tea-spoonful salt, ½ grated nutmeg, ½ grated ginger, sprinkling cayenne pepper. Chop suet, stone plums, wash and thoroughly dry currants, slice candied peel, grate all the crumbs of loaf, chop very finely the peel of lemon, add spice and salt and flour, mix all together over-night. Next morning beat eggs, add with milk and brandy to dry ingredients, stir thoroughly 15 minutes, then stand by for one hour, put in buttered moulds, and boil fast for four hours. These will keep for six months, and require boiling another two hours when wanted.—Miss M. F. Cramphorn, Mayoress of Chelmsford.

SAUCES.

CARAMEL SAUCE.

Brown one cup of sugar with a piece of butter the size of a walnut, stirring continually. When browned add one pint of boiling water, and stir in two teaspoonfuls of cornflour dissolved in a little cold water. Cook a few minutes and flavour with vanilla.—Miss J. W. Ballantine, Mayoress of Londonderry.

A COLD SAUCE FOR PLUM PUDDING.

2ozs. of Butter worked to a cream, 2ozs. of sifted sugar, 1 glass of brandy or wine. Mix the butter and sugar together, then add very gradually the brandy. Pour over the pudding before carrying it into dining room.—Mrs. C. T. Richards, Mayoress of Wolverhampton.

LEMON SAUCE.

Take $\frac{1}{2}$ oz. cornflour, 2ozs. of loaf sugar, 1 lemon, $\frac{1}{2}$ pint of water. Rub the sugar on the lemon to absorb flavour (or grate the rind), put the lumps into a saucepan with the water, boil for three minutes then add lemon juice, mix the cornflour with a little cold water and add to boiling liquid. Boil for three minutes and serve hot.—Miss Eveline Anderson, Mayoress of St. Ives, Hunts.

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MAYONNAISE SAUCE.

Boil an egg until hard, put it in cold water for a minute, then strip off shell and put the yolk in a basin, rub it well with the back of a wooden spoon, put with it a teaspoonful of mixed mustard, a saltspoonful of salt, $\frac{1}{2}$ a saltspoonful of pepper, a saltspoonful of powdered sugar, a pinch of cayenne pepper, a spoonful of salad oil (if liked), 6 tablespoonsful of cream, and lastly 2 tablespoonsful of vinegar. This makes a nice salad dressing by adding more vinegar and sugar.—Mrs. Frank Cant, Mayoress of Colchester.

MINT SAUCE.

Take the leaves of mint with a heaped teaspoonful of brown sugar and bruise together in a mortar with pestle till an emulsion is made. Add vinegar or lemon juice and water. Very superior to the ordinary way.—Mrs. Muir Mackean, Wife of Provost Muir Mackean, Paisley.

MINT SAUCE.

Two tablespoonfuls of chopped mint, 2 tablespoonfuls of castor sugar, $\frac{1}{2}$ pint of vinegar, a pinch of salt. Wash and dry the mint leaves and chop them finely. Put the salt and sugar in a tureen with the vinegar. When the sugar is dissolved stir in the mint and let it stand for half-an-hour.—Mrs. A. Wilkinson, Mayoress of Luton, Beds.

MUSTARD SAUCE.

1 oz. of Butter, 1 oz. of flour, 1 dessertspoonful mustard, $\frac{1}{2}$ pint of stock. Melt butter and stir in flour by degrees, mix well, then sprinkle in the mustard, stir over fire until it boils, then add a few chopped capers. A delicious fish sauce.—Mrs. D. J. Kendall, Mayoress of Warwick.

SAVOURY FISH SAUCE.

2ozs. Butter, 1 tablespoon of vinegar, a little chopped parsley, pepper and salt. Brown the butter in a pan, add vinegar and parsley, etc., let it simmer a minute, and serve hot. This is nice with boiled cod, hake, or any boiled fish.—Miss A. C. French, Mayoress of Eye, Suffolk.

SAUCE REMOULADE.

Put into a bowl two yolks of eggs, a tablespoonful of mustard, salt and pepper to taste, mixed with 2 tablespoonfuls of vinegar. Then drop in gradually, and stirring well, 8 spoonfuls of oil, if too thick add a teaspoonful more vinegar. Chop a clove of garlic finely and some parsley and mix in. This sauce should be more green than sauce tartare. A little green leek may be used instead of garlic.—Mrs. James Eley, Mayoress of Boston, Lincs.

SHIKAREE SAUCE FOR WILD DUCK.

Mix together a dessertspoonful of pounded white sugar with the same quantity of cayenne pepper (or, if considered too much, a tea or saltspoonful). Add to this a wineglassful catsup and a dessertspoonful of essence of anchovies, and the juice of a large lemon. Warm it over the fire and either serve it up in a butter boat, or having scored the breast of the duck and laid a piece of butter upon it, pour the sauce over.—Miss E. Morgan, Mayoress of Brecon.

TOMATO SAUCE.

Bake tomatoes, when fully ripe, in a jar with a little water till tender, strain them and rub them through a sieve. To every pound of juice add 1 pint of chili vinegar, 2ozs. shalots, $\frac{1}{2}$ oz. of garlic (both sliced), $\frac{1}{4}$ oz. salt, $\frac{1}{4}$ oz. white pepper. Boil the whole till every ingredient is soft. Rub again through a sieve. To every pint add the juice of three lemons, boil it again to the consistency of cream, and when cold bottle and seal it.—Mrs. A. E. Preston, Mayoress of Abingdon.

TOMATO SAUCE (100 YEARS OLD).

3 dozen Tomatoes. To every pound of tomato pulp allow 1 pint white vinegar, 1oz. garlic, 1oz. shalot, 2ozs. salt, 1 large green capsicum, $\frac{1}{2}$ teaspoonful of cayenne, 3 pickled gherkins, 6 pickled onions, 1 pint vingar, the juice of 6 lemons. Choose the tomatoes when quite ripe, put them in a jar and bake them till tender, or put them in the oven overnight and see in the morning if they are tender, rub them through a sieve. Chop very fine the onions, garlic, capsicum, gherkins, and boil till tender, then rub through a sieve, add the lemon juice, then boil till it is as thick as cream, constantly stir. Bottle when cold and seal the cork. Stir with wooden spoon.—Mrs. Evans, Mayoress of Canterbury.

TOMATO STORE SAUCE.

4lbs. Tomatoes, cut in slices with 2 large onions; 1lb. moist sugar, $\frac{1}{2}$ lb salt, 2ozs. peppercorns, 1oz. of ground allspice, $\frac{1}{2}$ teaspoonful of cayenne, $\frac{1}{2}$ lb. cloves. Pour over these one pint of best vinegar, and let all boil slowly for two hours. Stir to prevent burning. Strain and bottle when cold. This will keep for years.—Mrs. J. W. Woodhall, Mayoress of Ramsgate.

WORCESTER SAUCE.

1 quart Vinegar, $\frac{1}{2}$ oz. whole allspice, $\frac{1}{2}$ oz. cloves, $\frac{1}{2}$ oz. black peppercorns, $\frac{1}{2}$ oz. chillies, 2ozs. garlic, 3ozs. essence of anchovies, 1lb. treacle, 1 tablespoonful mustard, a little salt. Boil 20 minutes. Bottle when cold.—Mrs. Charles Watson, Mayoress of Sandwich.

SOUPS.

SOUP HINTS.

An Earthenware Stock Pot with a lid will be far sweeter than an iron one, as anything left over-night in it will not spoil.

To Preserve Stock or Fat.—Collect pieces of fat, bones or bits left, render them down and strain. These make nice stock if collected when fresh.

Water in which beans have been boiled makes a good foundation for soup.

Lentils are strongly recommended for soup making, and the liquor in which they have been boiled makes a good foundation for sauces.

ASPARAGUS SOUP.

Two quarts of good beef or veal stock, 4 onions, 2 or 3 turnips, some sweet herbs, and the white parts of 100 young asparagus (if old, half the quantity), and let them simmer till fit to be rubbed through a sieve. Strain and season it. Have ready the boiled green tops of the asparagus and add them to the soup.—Mrs. J. Moffat, Wife of Provost Moffat of Forfar.

BARLEY SOUP.

1lb. Neck of Mutton, 1 breakfastcupful barley, 1 tablespoonful parsley, pepper and salt, 9 breakfastcupfuls water, 1 breakfastcupful of milk. Put the mutton on to boil with the barley and boil till the barley is soft, rub through a sieve as much of the pulp as possible, return to the pot with the milk and parsley; boil five minutes. A small cupful of cream is an improvement.—Mrs. R. E. Highton, Mayoress of Workington.

BROWN CELERY SOUP.

Mince a Spanish onion and fry it in butter until brown, then add 2 quarts of water and boil up. Cut small the white heart of celery and add the onion with a teacupful of minced carrot and 4 potatoes, sliced very thinly. Boil slow for almost an hour. Season with salt and pepper. Serve with strips of crisp dry toast.—Mrs. Robert Husband, Wife of Provost Husband of Dunfermline.

CABBAGE SOUP.

Procure a hard white cabbage (not savoy), cut it up in small pieces, put in a saucepan with 2ozs. dripping or butter, 6 allspice (whole), 6 pepper corns (whole), 2 cloves (whole), stir well with wooden spoon (but do not let it burn) till cabbage has shrunk somewhat and is turning brown, then add 1½ quarts of second stock and let boil half-an-hour. A great improvement is a few sausage meat balls previously fried and put in the soup last thing.—Mrs. N. W. Shairp, Mayoress of Hammersmith.

CELERY CREAM SOUP.

Three pints of white stock, 2 heads of celery, 3 spoonfuls of flour, 1 onion, $\frac{1}{2}$ pint cream, salt and pepper. Wash the celery and cut it in pieces, add the onion, and simmer in the stock for 40 minutes. Make a thickening of the flour, pour it into the soup and boil, stirring for five minutes. Rub through a sieve, return to the saucepan, add the cream, and bring to the boil again. Season with pepper and salt.—Mrs. M. Moffat, Wife of the Provost of Forfar, Scotland.

CHEAP SOUP—1800—COOD.

1lb. Beef (bruised), $\frac{1}{2}$ pint of split peas, 2ozs. of rice, a little boiled, $1\frac{1}{2}$ lbs. of sliced potatoes, 2 large onions sliced, pepper and allspice (ground), salt, 1 gallon and 1 pint of water. Stew or bake the above $4\frac{1}{2}$ hours.—Countess Brownlow, Mayoress of Grantham.

CHEAP SOUP (DELICIOUS).

One quart of milk, 1 turnip, 1 onion, 1 tablespoonful of cornflour, 3ozs. of butter. Put the milk in an earthenware jar, add the vegetables, cut up very finely, cover down tightly and let cook in the oven very slowly for from four to six hours. Strain, pressing out all you can from the vegetables, add 3ozs. of butter, mix the cornflour with a little cold water, add, let all boil up, and serve at once.—Mrs. F. Neil, Mayoress of Widnes.

CLEAR SOUP (FIRST STOCK).

4lbs. Hough or 2lbs. hough and 2lbs. of knuckle of veal, 5 pints cold water, a bunch of sweet herbs, 1 large carrot, 1 small turnip, pepper and salt. Steep the meat, cut small, and the bones, from which the marrow has been removed, in the cold water with the salt for half-an-hour—Mrs. R. E. Highton, Mayoress of Workington.

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CLEAR SOUP.

Take a shin of beef and cut into small pieces, a large bunch of sweet herbs, two or three large onions sliced and fried to a light brown, carrots, turnips and celery, a few peppercorns, bruised ginger, cloves, a bit of mace. Put all into large stewpan and boil from 12 to 24 hours, strain it, and let it stand until quite cold, then skim all the fat off. Take three or four spoonfuls of flour, mixed with a little of the cold soup to a smooth paste ; add a little pepper, salt and curry powder, Worcester sauce, four or five lumps of sugar. Put altogether in stewpan, boil up and serve very hot.—Mr. J. T. Felton, Mayor of Evesham.

CLEAR SOUP.

3lbs. Shin of Beef, 3 carrots, 3 onions, 6 cloves, 6 peppercorns, 3 lumps of sugar, a bunch of herbs, 2ozs. of butter, a little salt. Put the butter in a saucepan, let it melt. Put in the meat to brown, add the other ingredients and two quarts of water, letting it simmer gently for nine or ten hours, adding a little water now and then.—Mrs. J. P. Atkinson, Mayoress of Saffron Walden, Essex.

MOCK HARE SOUP.

Two quarts water, 1lb. haricot beans, $\frac{1}{2}$ lb. mushrooms, 2 onions (sliced), 2ozs. butter, 6 cloves, 1 blade of mace, 1 tin of hare soup, if possible some small pieces of meat (not necessary). Soak the beans till soft, fry the mushrooms and onions in the butter, add all to the water with the exception of the soup, and simmer two hours. Rub all through a sieve and put sufficient browning to colour, with a glass of port and some forcemeat balls.—Mrs. D. J. Kendall, Mayoress of Warwick.

IRISH SOUP.

Two large ox tails, 2 carrots, 2 tomatoes, 4 leaks, 2 parsnips, 2 Spanish onions, 1 small stick celery, 1 small turnip. Wash the vegetables and put them with the ox tails in a stew pot and boil for $3\frac{1}{2}$ hours, then thicken and serve.—Mrs. William Woodward, Mayoress of Hampstead, N.W.

POTATO SOUP.

$\frac{1}{2}$ lb. Potatoes, 1 onion, 1 pint of water, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz. butter. Cut up the potatoes in slices and dry well, cut up the onion in slices, melt the butter in a saucepan, and then add the water, all the ingredients excepting the milk. Boil till quite soft and then rub through a hair sieve. Put the soup again on the fire and stir in the milk gradually till quite smooth, but it must not boil. Add a very little salt and some pepper to taste.—Mrs. A. L. Forrester, Mayoress of Malmesbury.

SPANISH SOUP.

One large onion, 1oz. butter, 1 gill milk, 1 quart water, 1oz. cornflour, salt and pepper. Soak onion in boiling water, peel and cut into small pieces. Place in pan with water and butter and cook for half-an-hour. Pour liquid through a sieve, rub onion through and pour mixture back into the pan. Moisten cornflour with the milk, pour into pan and boil for two minutes.—Mrs. R. E. Highton, Mayoress of Workington.

TOMATO SOUP.

Twelve large tomatoes, or one tin of tomatoes. Fry two large onions (in slices), add with tomatoes to two quarts of good stock; one teaspoonful of salt and pepper to season; boil until tender, then rub through a coarse sieve; add one teaspoonful of carbonate of soda, and then one quart of milk (the carbonate of soda prevents curdling). Bring to boiling point and serve.—Mrs. George Symons, Mayoress of Totnes, South Devon.

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TOMATO SOUP (QUICKLY MADE).

One dessertspoonful of meat extract, $\frac{1}{2}$ pint of water, a little pepper and salt, 6 tablespoonfuls of tomato sauce. Mix extract of meat and tomato sauce with the water, and, if like, thicken with a little flour, bring to the boil and serve hot.—Mrs. J. C. Ingram, Mayoress of Southend-on-Sea.

VEGETABLE MARROW SOUP.

Take a marrow, or part of one if very large, according to the quantity of soup desired, pare, core and cut into pieces as if for a dish. Put into boiling water and boil till soft. Pour off the water, add two or three ounces of butter, and as much milk as necessary ; stir over the fire till it boils again ; mash and strain through a colander, season with a little salt and white pepper to taste ; return to the pot and bring to the boil once more just before serving, with or without sippets of toast.—Helena M. N. Ormiston, Wife of the Provost of Haddington.

WHITE SOUP.

Two quarts skim milk, 1lb. potatoes, 2 small onions, piece of butter the size of a walnut, $\frac{1}{2}$ gill of raw cream, flavour to taste with salt and pepper. Boil onions, potatoes and milk till potatoes are a soft pulp, then pass through a sieve and thicken to taste with a little cornflour. Put in butter and cream about two minutes before serving.—Mrs. A. T. Loram, Mayoress of Exeter.

STAINS—HINTS.

Stains on Knives can be removed by rubbing them with raw potatoes.

Iodine Stains on Linen.—If the stained part is soaked in liquid ammonia and then rubbed well the stain will soon vanish.

Ink Stains.—Milk will take out ink stains, but should be attended to at once, and the juice from tomatoes will sometimes remove fruit stains.

Blacklead Stains on carpet may be removed by making a paste of Fuller's earth and spread over the stain. Let it stand a nice long time till it is well dry and brush off.

To Remove Stains from Teacups.—Damp salt will remove these stains, and whiting is a good remover of stains from good china.

To Remove Grease Stains.—Lay a piece of blotting paper over the place and press well with a hot iron. The grease will be absorbed by the blotting paper, or thick brown paper may be used instead of blotting paper.

Fruit Stains will be removed if the stains are rubbed with a piece of flannel dipped in whisky.

Onions peeled under cold water leave no smell on hands or knife.

SWEETMEATS.

CARAMEL TOFFEE.

Two tablespoonsful of water, $\frac{1}{2}$ pint of condensed milk (Nestle's), $\frac{1}{2}$ lb. brown sugar, $1\frac{1}{2}$ lbs. of lump sugar, 2ozs. of butter, a few drops of vanilla and gravy browning. Put all into a saucepan, boil $\frac{3}{4}$ of an hour, stirring all the time. Try in cold water, if ready pour in greased tin.—Mrs. C. E. Austin, Mayoress of Southport.

CARAMEL TOFFEE.

1lb. Castor Sugar, 1oz. butter, $4\frac{1}{2}$ d. tin of Swiss milk, 1 tablespoonful cold water, 2 tablespoonfuls syrup. Put the butter and sugar into a saucepan to melt, add the water, syrup and swiss milk. Boil for 20 minutes.—Miss Evelyn Evans, Mayoress of Cardigan.

COCOANUT ICE.

Place 1lb. of loaf sugar in a saucepan, add a teacupful of cold water and let it boil gently for 20 minutes or $\frac{1}{2}$ hour, then stir in $\frac{1}{2}$ lb. of desiccated cocoanut. When well mixed up put half into a greased pie-dish, then add a few drops of cochineal to the other half and stir till the required colour, then turn out on top of first half, pat it down closely, and when nearly cold run a knife round the dish and turn out, then cut in bars and prepare for another lot by eating what you have made.—Mrs. Thos. Coxon, Mayoress of Huntingdon.

CREAMED PLUMS (FOR BAZAARS).

Sieve $\frac{1}{2}$ lb. of icing sugar into a basin, whisk the white of a new laid egg with an equal bulk of water, flavoured with vanilla essence. When brought to a froth, stir the liquid into the sugar with a wooden spoon and turn the mixture out on a board, thickly dusted with icing sugar. Knead until it is quite smooth and sufficiently dry to make into little balls. Have at hand a glass jar of the best French plums, and after wiping and polishing them, slit each down the side. Take out the stone and put an oval-shaped ball of sugar cream in its place, press the sides of the fruit firmly together, let them stand until quite firm, then pack neatly into pretty boxes.—Mrs. J. T. Wightman, Mayoress of Doncaster.

EVERTON TOFFEE.

1lb. Treacle, 1lb. demerara sugar, $\frac{1}{2}$ lb. butter. Put the above ingredients into a saucepan large enough to allow of fast boiling over a clear fire; put in the butter first and rub it well over the bottom of the saucepan, then add the treacle and sugar, stirring together gently with a knife. After it has boiled about ten minutes ascertain if it is enough by dropping a little into a cup of cold water.—Mrs. J. Malkin, Mayoress of Glossop.

SWISS MILK TOFFEE.

6ozs. of Sugar, 6ozs. butter, $\frac{1}{2}$ lb. treacle, 1 small tin Swiss milk. Let butter, sugar and treacle come to a boil, then add Swiss milk and stir till thick. Time: about 20 minutes. Tried and found correct.—Mrs. W. H. Wolstenholme, Mayoress of Middleton.

SWEETS FOR BAZAARS.

1lb. Icing Sugar, 2ozs. ground almonds, about 4 or 5 drops of essence of vanilla, $\frac{1}{2}$ lb. cracked walnuts or blanched almonds, and the white of an egg. Place the icing sugar, ground almonds and essence of vanilla in a bowl, knead into a stiff paste with the white of an egg. Turn out on to a board, and form into sweets of the desired size. Press half a walnut into this and put into a cool place to harden.

RUSSIAN TOFFEE.

2lbs. Demerara sugar, 1 tin Swiss milk (6d. size), same quantity of sweet milk as Swiss milk, 2 teaspoonfuls vanilla, 1 $\frac{1}{2}$ ozs. butter. Put sugar, Swiss milk and sweet milk into a saucepan and boil for 25 minutes, stirring all the time from the time you put it on. Draw aside and add butter and seasonings, boil for other ten minutes. Then take from fire and stir for at least five minutes before pouring on buttered dishes. When scarcely cold cut with knife into small squares.—Mrs. Gregor, Wife of the Provost of Cullen, Banffshire.

TOFFEE.

Two level breakfastcupfuls of demerara sugar (1lb.), 4 slightly rounded tablespoonfuls butter (4ozs.), 1 large tablespoonful golden syrup, $1\frac{1}{4}$ gills of water. Melt butter in saucepan, add water, syrup and sugar. When sugar has melted boil steadily until when allowed to set in cold water it is quite crisp and brittle. This is best tested by eating a piece. Pour into buttered tins and leave until cold.—Lady Fraser, Mayoress of Nottingham.

TURKISH DELIGHT.

Soak $1\frac{1}{2}$ ozs. of gelatine in one teacupful of cold water for two hours, put $2\frac{1}{4}$ lbs. of loaf sugar in a stewpan with one teacupful of cold water, boil until all the sugar is dissolved, stir now and again with a wooden spoon, then pour on to the gelatine, stir until all is dissolved; take the juice of three lemons strained, and a little essence of lemon if preferred, stir well and pour half on to buttered soup plates, colour other half and pour on to soup plates. Let it stand aside for 24 hours, cut into small squares and roll in plenty of icing sugar. A few nuts may be added if preferred.—Mrs. Wm. Bridge, Mayoress of Bury.

TOILET.**HAIR BRUSH (to Clean).**

To clean a hair brush dissolve a piece of soda in boiling water, when warm whisk the brush in it till it is thoroughly cleaned. Rinse well in cold water, in which first dissolve a tablespoonful of salt, and place on window sill to dry.—E.H.

GOOD HAIR POMADE.

2d. Beeswax, 3d. salad oil, 3d. essence of burgomot, $\frac{1}{4}$ lb. lard. Dissolve lard and wax, then add oil and burgomot, pour out in pots, stand in cool place.—Mrs. E. Duke, Mayoress of Eastbourne, Sussex.

HAIR WASH.

Small lump of camphor, $\frac{1}{2}$ oz. powdered borax, pint of rain water. Boil water and pour over camphor and borax. Put into a bottle. To be well rubbed into the roots of the hair.—Mrs. Enoch Sarjeant, Mayoress of Bridgnorth.

LAVENDER WATER.

Half-pint Medicated Spirits of Wine (1/9), $\frac{1}{2}$ oz. Oil of Lavender (8d.), 1 $\frac{1}{2}$ drachms of Essence of Ambergis (1/3). Put in wine bottles and shake well, then fill any scent bottles. It will fill a dozen or more ordinary scent bottles and is really good.—Mrs. Thos. Coxon, Mayoress of Huntingdon.

MOUTH WASH (VERY GOOD).

1 $\frac{1}{2}$ pints cold Water, $\frac{1}{2}$ oz. myrrh, $\frac{1}{4}$ oz. bark, 2ozs. saltpetre, $\frac{1}{2}$ oz. camphor. All well pounded, stand a fortnight, then pour off; then put more water, let stand a month then pour off.—Mrs. Edwin Finn, 28 times Mayoress of Lydd, Kent.

RECIPE DATING FROM 1795 FOR POT POURRI.**(The tasting Sweet Pot).**

Pick violets, clipt pinks, roses pickt from their green (*i.e.* petals only), rosemary flowers, lavender, thyme in flower, sweet briar leaves, bay leaves, marjoram, sweet verbena leaves, sweet geranium, and white Spanish jesamine flowers tyed in a muslin bag and taken out in August, or they will corrupt the rest. Dry all in their season and put as soon as dried in a great jar, between each put a handful of bay salt. Stir once every two or three days, and let all be covered and kept from the sun all the month of August. Then take out all and stir in a large wooden tub very well together. Bruise two sticks of cinnamon and 29 cloves well and put to it. Then weight all down, and stop it close. You must proportion your quantities to your pot, if a large jar two or three handfuls of each kind of leaves or flowers, for it shrinks. The longer it is kept the better it smells ; opening the jar and stirring it perfumes a room.

N.B.—When drying the flowers they should be spread thinly on newspapers. It is better to make it before August, *i.e.*, not with the later summer flowers and leaves, which are not so sweet or so lasting later on in the year.—Mrs. Eustace Gurney, Lady Mayoress of Norwich.

SCENT FOR SACHETS.

1oz. Lavender of Flowers mixed with $\frac{1}{2}$ teaspoonful of powdered cloves.—E.H.

TOOTH POWDER.

3ozs. Bole Armonica, 1oz. dried soda, 2ozs. calcined harts-horn, $\frac{1}{2}$ oz. myrrh, 1oz. orris root. To be very finely powdered and sifted, and then mix together.—Miss E. Morgan, Mayoress of Brecon.

USEFUL INFORMATION.

To Clean a Gas Stove.—First rub over with turpentine, then apply enameline and polish with a piece of old velvet.

To Test the Heat of a Gas Stove.—Put a small piece of white paper in the stove and shut the door for a few seconds. If in that time the paper is a nice rich brown the oven is the right heat for cakes, pastry, etc.

To Wash Bamboo Furniture.—Scrub with cold salt water, rinse with cold water and let dry in the open air.

Vaseline rubbed on leather shoes, belts and bags, will revive them and keep them nice and soft looking.

Before putting on kid gloves place them between a damp cloth and they will stretch without splitting.

Always white-wash the lower step in the cellar, as this will prevent mishaps.

White Soap is a good thing to use for washing china. Never use common washing soda as it injures the gildings.

To Prevent a skin from forming over milk that has been boiled add two tablespoonfuls of cold milk to a pint just as it comes to a boil.

To Renovate a leather bag rub it well with soft soap.

Waste Paper, shredded in strips, may be used to stuff cushions.

For Cleaning White Straw Hats.—Dissolve oxalic acid in a little hot water and rub lightly all over, and then hang to dry. This makes them look like new.

Always use a safety pin for slotting tape through curtains.

Don't waste bits of bread, but break them into nice pieces, fry lightly, add pepper and salt and serve with bacon, and they will be favourites with children.

Butter will be kept cool in summer if placed in a jar and the jar placed in a bowl of cold water, and a wet cloth folded about four times put over all.

Earwig Traps.—A match box partly open suspended on a stick over night is a splendid trap for catching earwigs. In the morning the box will be full of earwigs .

Electro Plate and Silver may be kept clean and in good condition by putting them into boiling water which contains a little Hudson's, and polish well with a leather after drying.

Salt should be placed upon the table in a covered caster, and not in an open salt cellar.

Lemon Skins are very good for cleaning brasses and kitchen utensils, using the lemon skins to rub whiting in. This will remove the dirt very quickly.

Banana Skins are very good to polish tan shoes with.

It is wise to keep all perishable food stuffs on the floor during hot weather.

A few drops of turpentine added to the blacklead will give a fine gloss to the grates.

Lamp or Gas Chimney Glasses may be made fireproof by putting them into cold water, quite cover the glasses, and when the water boils put to one side and let it cool before taking out the glasses.

To Paint Wood Floors.—Dissolve some permanganate of potash crystals in a bucket of water and paint the boards over with a white-wash brush. This must be left to dry and then put another coat on. When this is quite dry put a good coat of beeswax and turpentine on, this to be well rubbed in. After being done a few times with the polish the floor will be a shining brown.

For Cleaning the Walls.—Make a calico cover to slip over the brush head, slot tape all round and draw it up tight.

Water will keep cool in a jar if placed on the floor in a dark place and covered with a thick damp cloth.

Crockery should be purchased that can be matched without much trouble, and breakages will then be of less consequence as the articles can be replaced. Breakages of earthenware will always occur, and to buy sets of table ware that cannot be matched is to run unnecessary expense.

Two Unique Household Hints.—Get from the poult erer a hare's foot, and get him to take out the claws. You will find this foot will blacklead the bars of your grate to perfection, as the feet make such a good pad.

To Lay Carpets Easily.—When putting down your carpets put on a pair of rubber shoes and drag the carpets with your feet instead of the hands. You will find this so much easier.

VEGETABLE HINTS.

Marrows.—Young Marrows should be boiled ten or twenty minutes ; old marrows half to three-quarters of an hour.

Celery.—To keep celery crisp stand in a little water until required.

Vegetables kept in a dry place will keep firm and in good condition.

Onions are considered a cure for skin diseases, and when eaten late at night are the finest form of antidote for sleeplessness.

Spring Onions are worth their weight in gold so far as their medicinal properties are concerned.

Potatoes should be boiled with the skins on, as the most nutritious part is nearest the skin.

Carrots have a special value as they contain sugar, but are rather indigestible.

Mushrooms.—To dry them wipe them clean, take away the brown part and peel off the skin, lay them on sheets of paper to dry in a clean oven. Keep them in paper bags in a dry place, and when wanted for use put them into a cold gravy, bring them gradually to simmer, and they will nearly regain their natural size.

A Piece of Lard, about the size of a walnut, put in the water in which cabbage is boiled greatly improves the cabbage.

Vegetables should be put into boiling water with salt, in the proportion of one ounce to two quarts of water. If the water is hard add a pinch of soda, and all green vegetables should be boiled with the lid off.

VEGETABLE DISHES.

HOW TO COOK ONIONS SO THAT THEY WILL NOT REPEAT.

Pare as many onions as required. Take a basin of boiling water, in which has been put a small piece of washing soda, about as much as would lie on a sixpence. Let the onions stay in this for seven to ten minutes. Pour off this green water and then proceed to fry or boil the onions. Onions prepared in this way can be digested by quite delicate people.
--Mrs. Alfred Taylor, Mayoress of Aston Manor, Staffs.

BROAD BEANS WITH CREAM.

Take the smallest and youngest of the beans and throw them into boiling water for a few seconds. If old they must be skinned. Boil them in a pint of milk with 2ozs. of butter, a dessertspoonful of chopped parsley, and a pinch of salt. Thicken the sauce with two whipped yolks of eggs, and stir in two tablespoonfuls of cream.—Mrs. Harold Mason, Mayoress of Royal Leamington Spa.

BUTTER BEANS.

Steep beans in cold water with a piece of soda for twelve hours. Wash well and put into boiling water, to which a small piece of dripping has been added. Boil half-an-hour, or longer if necessary. Pour off the water, season with pepper and salt, add a piece of butter and half a teaspoonful of chopped parsley, shaking well in the pan. Serve very hot. In boiling hard peas and beans it is best not to salt the water in which they are boiled as it hardens them.—Mrs. R. E. Highton, Mayoress of Workington.

CURRIED LENTILS.

1 teacup lentils, 1 breakfastcup sweet milk, $\frac{1}{4}$ tablespoonful salt, $\frac{1}{2}$ teaspoonful curry powder. Wash the lentils well, put them into a saucepan with the milk and salt, and let them come to the boil. Then set them to the side to stew slowly for one hour. When nearly ready stir in the curry powder.—Mrs. R. E. Highton, Mayoress of Workington.

CURRY.

Prepare :—1 cupful carrots, cut up small ; 1 cupful turnips, cut up small ; 1 cupful onions, cut up small ; 2 apples, peeled and cored, cut up small, or 1 stick of rhubarb, cut up small ; some cold meat in slices, or cold chicken cut up small ; 2 heaped up tablespoonfuls flour ; 1 dessertspoonful curry powder ; $\frac{1}{2}$ pint hot water ; some dripping ; season with salt. Take a pan, melt the dripping, add the vegetables, and cook for 20 minutes, stirring occasionally, add the meat, mix the flour and curry together, and stir into the other ingredients, then stir in $\frac{1}{2}$ pint hot water, bring to the boil and simmer for one hour, add the seasoning, and serve with boiled rice. This curry is very good without meat, adding instead any cooked vegetable, such as peas, broad beans, potatoes, cauliflower, etc., and serve with rice, fried onions, and hard-boiled eggs, shelled and cut in half and placed on top of curry as a decoration. This curry is suitable for breakfast or lunch. This curry, when made, should not be too liquid, rather stiff, that it may be piled up on the dish.—Mrs. G. E. Melsome, Mayoress of Romsey, Hants.

POTATO CAKES.

Mash some cooked potatoes, stiffen into a paste with flour and season, roll out, cut into small rounds, flour and fry.—Mrs. F. W. Avant, Mayoress of St. Pancras.

SIMPLE VEGETABLE SAVOURY.

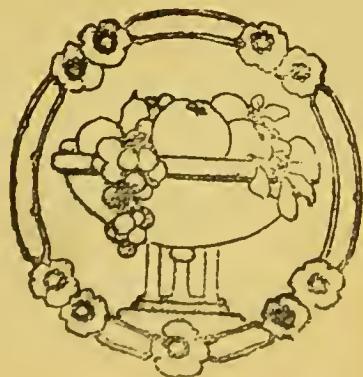
Make a white sauce well flavoured with cheese, mix in some cooked French beans (chopped), or peas or haricot beans. Serve on pieces of fried bread.—Mrs. A. Monro, Mayoress of Godalming.

SPANISH ONION.

Boil large onion $1\frac{1}{2}$ hours, cut it up in slices. Put a layer of bread crumbs and a layer of onions into a pudding dish, with pepper and salt, and a few bits of butter on the top. Allow to cook in the oven for about 20 minutes.—Mrs. R. E. Righton, Mayoress of Workington.

STUFFED ONIONS—SPANISH OR PORTUGAL.

Take four large onions and put on to boil, when nearly done take out and remove the inside. With the inside put sage and minced meat, pepper and salt, enough to fill the cavity, then replace in the centre of the onion and bake for half-an-hour in a steady oven.—Mrs. D. J. Kendall, Mayoress of Warwick.



NEW RECIPES.

